BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

9-15 AUGUST 2025

TV&Satellite week

NEW

OUTLANDER:
BLOOD OF MY BLOOD
The spin-off series lands

NEW

LIMITLESS:
LIVE BETTER NOW
Chris Hemsworth's toughest challenges yet

EXCLUSIVE

PREMIER LEAGUE
SPECIAL
Liverpool begin their title defence

NEW

ALIEN: EARTH

They're here!
The terrifying creatures run riot in a TV series prequel

HotList This week's 28

Saturday 9

Outlander: Blood of My Blood

***HISTORICAL FANTASY** MGM+*

A prequel show how the parents of Jamie Fraser came together in 18th-century Scotland – and Claire Beauchamp's met during World War One. *See feature, p6*

Becoming Led Zeppelin

***DOCUMENTARY** Sky Box Sets & NOW*

Filmmaker Bernard MacMahon charts the early career of the rock band formed by guitarist Jimmy Page after the collapse of his previous band, The Yardbirds, in 1968. *See Documentaries, page 21*

The Manhattan Project in Colour

***DOCUMENTARY** C4, 8pm*

This colourised film explores the work of scientist J Robert Oppenheimer (above, left) during World War Two and the birth of nuclear-weapon technology.

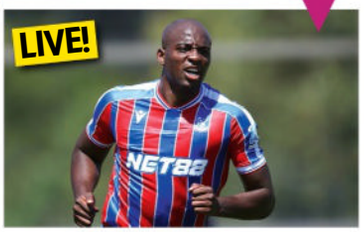
Beck

***DRAMA** BBC4, 9pm (box set, BBC iPlayer)*

Swedish sleuth Martin Beck (Peter Haber) is on the case once again after a Stockholm apartment becomes a murder scene – but the investigation ignites past traumas for some... *See feature, page 12*

Full listings start on **p35**

Sunday 10



Community Shield

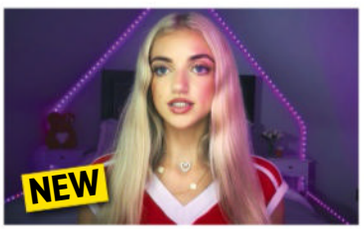
***FOOTBALL** TNT Sports 1, kick-off 3pm*

The first silverware of the new season will be contested at Wembley Stadium this afternoon – it's Premier League title holders Liverpool up against Crystal Palace, winners of the FA Cup.

Ridley

***CRIME DRAMA** ITV1, 8pm (box set, ITVX)*

Adrian Dunbar's singing former detective returns for a second run – which begins with old protégée DI Farman (Bronagh Waugh) hunting for the gang behind a jewellery raid. *See feature, page 11*



The Princess Diaries

***REALITY** ITV2, 9pm (box set, ITVX)*

A four-parter following Princess Andre (above), the daughter of Peter Andre and Katie Price, as she prepares to celebrate her 18th birthday – while also setting up a beauty brand. Continues to Wednesday.

Richard Ramirez: The Night Stalker Tapes

***DOCUMENTARY** Sky Crime, 9pm (box set, Sky Box Sets & NOW)*

Audio interviews conducted with Richard Ramirez while on death row tell the story of the serial killer from El Paso.

Full listings start on **p45**

Monday 11

The Bus Driver: Britain's Cocaine King

***DOCUMENTARY** Discovery+*

The story of Colombian Jesus Ruiz Henao who, after moving to London by 1990, worked as a bus driver while running a drug empire. *See Your Watchlist, page 16*

Shark! Celebrity Infested Waters

***FACTUAL** ITV1, 9pm*

As the brave (or foolhardy) celebs arrive at dive site Tiger Beach, who will be able to demonstrate they have the required skills to swim with 18ft tiger sharks?

Celebs Go Dating

***REALITY** E4, 9pm*

The celebrity dating agency opens its doors again this week – those walking in include TV personality Christine McGuinness, Atomic Kitten singer Kerry Katona and S Club 7 star Jon Lee. Continues to Thursday.

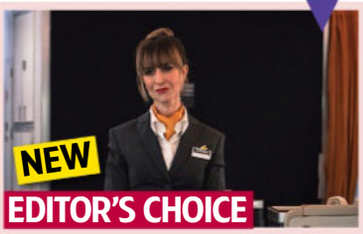
Mafia: Most Wanted

***DOCUMENTARY** Sky History, 10pm*

Featuring archive footage and interviews, this three-part series looks at how one of Italy's most feared crime organisations, the 'Ndrangheta', made Toronto, Canada, centre of their operations.

Full listings start on **p55**

Tuesday 12



In Flight

***DRAMA** C4, 9pm (box set, Channel 4 Streaming)*

Katherine Kelly (above) stars in this six-parter as a flight attendant who, after her son is jailed, is forced into drug smuggling. Continues to Thursday. *See feature, p8*

Confessions of a Steroid Gang

***FACTUAL** BBC3, 9pm, 9.30pm & 10pm (box set, BBC iPlayer)*

The true story of how a father and son illegally made and sold steroids from their small farm. *See Documentaries, page 20*

Resident Alien

***SCI-FI** Sky Max & Sky Showcase, 10pm*

Extraterrestrial Harry (Alan Tudyk) is still incarcerated on a moon base – but he needs to escape and get back to Colorado quick, where a shape-shifting alien has assumed his identity. *See feature, page 12*

FBI: Most Wanted

***CRIME DRAMA** Sky Witness, 10pm*

This week the team investigates a string of gruesome killings when a detective is brutally murdered. Meanwhile, Remy (Dylan McDermott) and Abby (Susan Misner)'s relationship grows stronger.

Full listings start on **p65**

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Wednesday 13

Butterfly
ACTION THRILLER *Prime Video*
Hawaii Five-0's Daniel Dae Kim (above) stars as an ex-US intelligence operative living in South Korea whose life is blown to pieces as the result of a decision taken in the past. *See Your Watchlist, page 17*

Love Is Blind UK
REALITY *Netflix*
Season two of the dating show hosted by Emma and Matt Willis (both above) as singletons get the chance to choose someone to marry – after dating in pods and without meeting face to face.

Alien: Earth
SCI-FI *Disney+*
A prequel to the Alien movies starring Sydney Chandler (above) and Timothy Olyphant. A deep-space research vessel carrying terrifying life forms crash-lands on Earth... *See feature, page 4*

UEFA Super Cup
FOOTBALL *TNT Sports 1, kick-off 8pm*
Last season's Champions League winners Paris Saint-Germain face Europa League holders Tottenham Hotspur in the traditional curtain-raiser to the European season staged in Udine, Italy.

Full listings start on p75

Thursday 14

Heart Eyes
HORROR COMEDY *Paramount+*
A serial killer who murders couples on Valentine's Day mistakenly thinks a pair of colleagues (played by Olivia Holt and Mason Gooding) are romantically involved – and targets them... *See review, page 22*

In the Mud
CRIME DRAMA *Netflix*
This Argentinian crime drama follows a group of women with no previous experience of life in jail being taken to prison, but on their way they experience a situation that will bond them forever.

Saving Lives at Sea
DOCUMENTARY *BBC2, 8pm*
The crew of RNLI volunteers in Portsmouth have a huge dilemma on their hands when a severe storm batters the south coast – is it safe for them to attempt to rescue a windsurfer in trouble?

The Gone
CRIME DRAMA *BBC2, 9pm*
In this week's final episodes, detectives Theo and Diana believe they're making progress, but then a prison break and a suspect on the run produce more complications. Concludes tomorrow.

Full listings start on p85

Friday 15

Limitless: Live Better Now
DOCUMENTARY *Disney+*
In season two, Hollywood actor Chris Hemsworth faces his fears as he undergoes special-forces training, climbs an Alpine dam and plays drums alongside pal Ed Sheeran. *See Your Watchlist, page14*

Night Always Comes
THRILLER *Netflix*
BAFTA-winning actor Vanessa Kirby stars in this intense thriller as Lynette, a woman tasked with finding $25,000 in one night in order to prevent her family being evicted. *See Your Watchlist, page 16*

VJ Day 80: The Nation's Tribute
FACTUAL *BBC1, 11.30am*
Coverage of a service of remembrance at the National Memorial Arboretum in Staffordshire – to mark the 80th anniversary of the end of hostilities with Japan.

Premier League
FOOTBALL *Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm*
Last year's champions Liverpool get the new Premier League season under way with a fixture at Anfield against Bournemouth. *See Sport Week, p28*

Full listings start on p95

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Unleash the TERROR

NEW FROM Disney+

The iconic sci-fi franchise bursts onto the small screen in an **explosive prequel series**

NEW SCI-FI

Alien: Earth

From Wed 13 Aug, Disney+ (first two eps from Wed 13 Aug, then weekly)

When Sir Ridley Scott's *Alien* hit cinema screens in 1979 with the tagline 'In space no one can hear you scream', it changed the landscape of sci-fi horror, bagged an Oscar for visual effects, and spawned a series of movie sequels (see panel, right).

Now, creator Noah Hawley is breathing fresh life into the franchise in a new eight-part prequel series, which boasts Scott as an executive producer, and promises to have us on the edge of our seats all over again.

'I've managed to have this niche of reinventing classic movies as TV shows,' says Hawley, who turned the Coen brothers' cult 1996 film *Fargo* into an Emmy-winning series. 'If I have a skill, I think it's in understanding what the original movie made me feel and recreating that. It's exciting to get into the world of *Alien* and discover that there's still so much storytelling we can do.'

Debuting on Disney+ this week with a double bill, *Alien: Earth* is set in 2120, two years before *Alien*, when five major corporations – Weyland-Yutani, Lynch, Dynamic, Threshold and Prodigy – run the world and vie for dominance.

The opening scenes introduce viewers to the crew of Weyland-Yutani's deep-space research vessel *Maginot* as they emerge from cryosleep. Yet, unlike Ellen Ripley (Sigourney Weaver) and her *Nostromo* shipmates in the original movie, they're intentionally carrying a menagerie of deadly alien species...

The action then accelerates after horrifying events on board *Maginot* cause it to crash back to Earth, landing on the property of the Prodigy Corporation, run by a billionaire named Boy Kavalier, who's creating the first synthetic-human hybrids.

'Boy Kavalier is a very young tech CEO and he feels like he owns everything and everyone,' says Samuel Blenkin, who plays him. 'His backstory gets revealed as we go through the show and there's some pretty wild stuff from his past. *Alien: Earth* is really good, suspenseful horror storytelling.'

MAKING CONTACT

Other characters in the mix include Wendy (Sydney Chandler), a 12-year-old girl who finds herself in a synthetic adult body, and who is reunited with military medic Hermit following the crash.

'Hermit's part of a team that responds to the crash,' reveals Alex Lawther, who plays him. 'He's the brother of Wendy, who was formerly known as Marcy when she was a child. They hadn't been in contact since her transformation into this artificial body. At the heart of their storyline are the new circumstances they find themselves in.'

Filmed in Thailand, the ensemble cast includes Babou Ceesay as *Maginot*'s resourceful cyborg security officer Morrow, Timothy Olyphant and Adrian Edmondson as figures at Kavalier's 'Neverland' research island, and Hawley himself in cameo flashbacks as Hermit and Marcy's father, Frank.

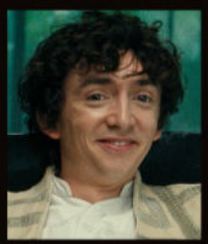
In addition to the humans and hybrids, the world is populated with cyborgs (cyber-genetically enhanced humans) and synths (artificially intelligent humanoids) – both familiar to fans of the films.

'I want to give viewers that feeling they got from the original *Alien* – the story of humanity facing an existential threat from biological monsters and synthetic artificial intelligence,' says Hawley. 'Sigourney Weaver's character says in *Aliens*, "I don't know which species is worse" – which raises the question, does humanity deserve to survive?'

WHO'S WHO IN *ALIEN: EARTH*

Wendy
Sydney Chandler
A humanoid robot infused with the consciousness of 12-year-old Marcy during a top-secret experiment by Prodigy founder Boy Kavalier.

Hermit
Alex Lawther
A military medic, Marcy's older brother believes she's dead until they reunite following a spaceship crash in Prodigy territory.



Boy Kavalier
Samuel Blenkin
The former child genius and Peter Pan-obsessed CEO of the rapidly expanding Prodigy Corporation is calculating and manipulative.

Kirsh
Timothy Olyphant
The artificially intelligent synthetic scientist is trusted by Boy Kavalier to train the first batch of six hybrids nicknamed 'The Lost Boys'.

Morrow
Babou Ceesay
After spaceship *Maginot* crashes in Prodigy City, the cyborg security officer is obsessed with returning its contents to his employer.

Atom Eins
Ade Edmondson
Boy Kavalier's mysterious right-hand man is mostly silent, radiates ruthlessness and is menacing in the extreme.

Yutani
Sandra Yi Sencindiver
The enigmatic head of the Weyland-Yutani Corporation is determined to retrieve the *Maginot*'s cargo, no matter the cost.

WORDS: ELAINE REILLY PHOTO: © 2025 DISNEY AND ITS RELATED ENTITIES

THE ALIEN FILES

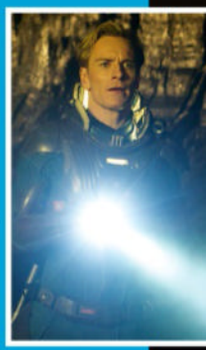
The seven films in the franchise...

Alien (1979)
The crew of the *Nostromo* discover an extraterrestrial life form with a horrifying life cycle. Directed by Sir Ridley Scott, it starred Sigourney Weaver (right) as Ripley and won an Oscar for best visual effects.

Aliens (1986)
Sole survivor of the *Nostromo*, Ripley embarks on a rescue mission, only to encounter an alien hive and egg-laying queen. Directed by James Cameron, the sequel picked up another Oscar for its visual effects.

Alien³ (1992)
Ripley crash-lands on a bleak planetoid, unaware that she's harbouring an unwanted guest. Directed by David Fincher, Weaver is joined here by Charles Dance, Pete Postlethwaite and Phil Davis.

Alien: Resurrection (1997)
In Weaver's last appearance, Ripley is cloned by the United Systems Military, who are breeding new aliens. When the killer creatures escape, it's up to Ripley, now infused with alien DNA, and a ragtag group of mercenaries to destroy them.



Prometheus (2012)
Ridley Scott was back in the director's chair for this prequel starring Michael Fassbender as an android called David 8 (right). Co-stars included Idris Elba, Charlize Theron and Guy Pearce.

Alien: Covenant (2017)
Directed by Scott once more, this time, Fassbender plays two androids – namely David 8 and Walter One – and one of them has evil designs on mankind.

Alien: Romulus (2024)
Six disenchanted space colonists plan to flee a life of drudgery on a mining colony. But while scavenging supplies for their escape, they encounter aliens connected to the wreckage of *Nostromo*...

Hermit (left) with fellow human soldiers

Meet the parents

NEW FROM MGM+

An ***Outlander*** **prequel** tells the epic love stories of Jamie and Claire's mums and dads...

NEW FANTASY DRAMA

Outlander: Blood of My Blood

From Sat 9 Aug, MGM+ (first two eps from Sat 9 Aug, then weekly)

For seven seasons, *Outlander* has followed the time-hopping romance and subsequent adventures of 18th-century Scottish soldier Jamie Fraser and his 20th-century-born wife Claire – and now fans of the hit saga are being taken back a generation in a new 10-part prequel.

With the eighth and final run of *Outlander* still to hit our screens, *Outlander: Blood of My Blood* tells the love story of Jamie's parents Ellen and Brian in the Scottish Highlands of the 1700s, alongside that of Claire's father and mother, Henry and Julia Beauchamp, who meet during World War One.

The original *Outlander*, which is based on the bestselling series of novels by US author Diana Gabaldon, saw Claire (Caitriona Balfe) and Jamie (Sam Heughan) fall in love after the former British Army nurse was transported from 1945 to 1743 via a circle of standing stones while she was on holiday in Scotland.

Now, the stones play a vital part in *Blood of My Blood*, as Henry and Julia are holidaying in the same area. After a terrible turn of events, they stumble across the circle and end up in Scotland in 1714 at the same time that Ellen and Brian meet.

Here, we look at the origin stories of both couples and how their romances unfold…

Balfe and Heughan as Claire and Jamie in the original *Outlander*

Henry & Julia

Jeremy Irvine and Hermione Corfield play Claire's parents

When we first meet Henry and Julia in the 1920s, they are married and Julia is expecting their second child. Their five-year-old daughter Claire is staying with her beloved Uncle Lamb (played by the late Prentis Hancock in *Outlander*) while her parents are taking a break in Scotland.

As they are driving through the Highlands, Henry swerves the car to avoid a stag in the road and crashes into a river. The couple make it to safety but are stranded miles from anywhere. When Julia wanders around looking for help, she finds the stone circle and disappears…

As Henry looks for her, he soon follows her back in time. Unfortunately they don't arrive in the 18th century together, and they face a long and obstacle-strewn search to find each other again.

'Ultimately they are just trying to survive on their wits alone,' says Jeremy Irvine, who plays Henry. 'They are getting through things moment by moment and trying to adapt as best they can.'

Meanwhile, in flashback we see how the couple first met during World War One…

'There is something nice about doing a love story, which this show fundamentally is, in a different time period,' says Irvine. 'There are more obstacles and social barriers in the way of characters falling in love and getting to be together. Nowadays, you can just text each other!'

'It's so much more romantic doing a love story in the two time periods,' adds Hermione Corfield, who plays Julia. 'There is so much more scope for romance and longing. That's really fun to play with.'

WORDS: MICHAEL DARLING, STEVEN PERKINS. PHOTOS: BLOOD OF MY BLOOD © 2024 STARZ ENTERTAINMENT, LLC. U&DRAMA, ROBERT WILSON/STARZ/SONY PICTURES TELEVISION

Brian & Ellen

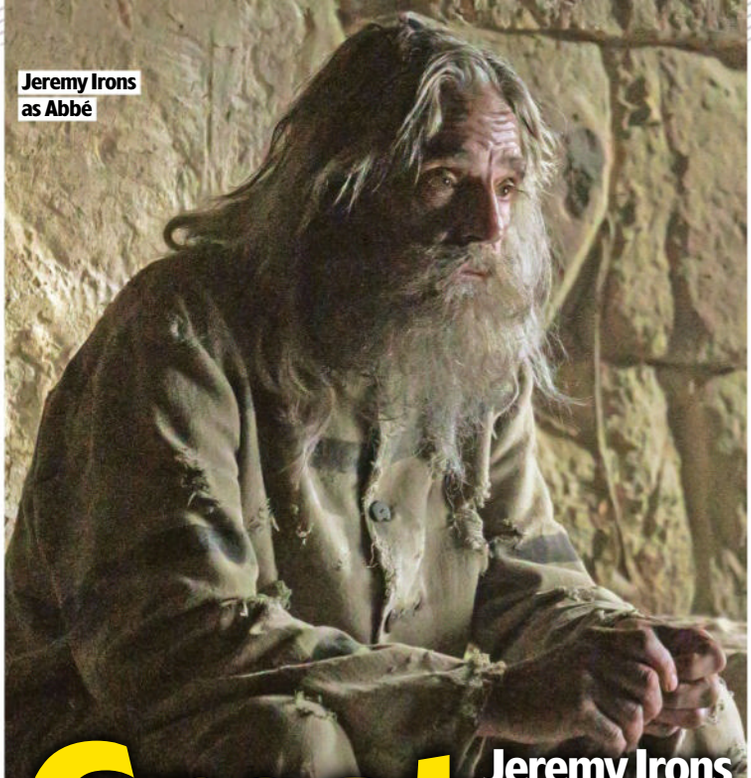
Stars Jamie Roy and Harriet Slater

Jamie's parents are the main focus for much of the first episode, which begins following the death of the chief of Clan Mackenzie, 'Red' Jacob (Peter Mullan).

As his sons Colum (Seamus McLean Ross) and Dougal (Sam Retford) vie for the lairdship, his daughter Ellen has her first encounter with Brian, who is from a rival clan – meaning that any hope of a romance will be met with fierce opposition from their families…

'As soon as they catch sight of each other, the attraction is immediate,' says Jamie Roy, who plays Brian. 'When they introduce themselves, their names immediately place them in peril.'

'Yes, there is quite the connection,' adds Harriet Slater, who portrays Ellen. 'Brian is so different to any man Ellen has ever met. He is honest, sensitive and there is such depth to him. He makes her so brave, and she can be 100% herself with him. She must use all her wit to let love triumph.'



Jeremy Irons as Abbé

Great escape

Jeremy Irons joins the cast as Edmond makes a bid for freedom

PERIOD DRAMA

The Count of Monte Cristo

Saturday, 9pm, U&Drama

Following the conspiracy against him, Edmond Dantès (Sam Claflin) is languishing in prison this week in U&Drama's *The Count of Monte Cristo*, resigned to spending the rest of his life in a dungeon.

When a plea to have his case reconsidered goes nowhere, Edmond passes the next 10 years utterly despondent in solitary confinement. But a ray of hope unexpectedly appears one day when he hears a noise coming from inside the cell walls – and discovers that fellow prisoner Abbé Faria (Jeremy Irons) is attempting to tunnel his way out of the prison and to freedom.

Prisoners Edmond and Abbé share a bond

EMOTIONAL SUPPORT

Although a navigational error has caused Abbé to inadvertently dig towards Edmond's cell rather than the sea wall, it proves to be serendipitous when the pair realise that they can work together on an escape tunnel – and provide each other with a reason to keep going as a strong bond develops between the men.

'Abbé Faria is a sort of mentor, a father figure, and a man with a great appetite for life,' says Irons, 76. 'He's a man who has seen his fair share of the ups and downs of life, and finding that human companionship and an empathy for someone else lifts him out of his depression as well. They both, in some strange ways, have found each other.'

MODERN RELEVANCE

Irons was attracted to the project because he felt that an eight-part adaptation could properly do justice to the scope of Alexandre Dumas' original 1846 novel, and that a faithful retelling of the story would have plenty of relevance to viewers in the 21st century.

'It's like Shakespeare. When done well, Shakespeare is completely contemporary – and he was writing 400 years ago,' Irons points out. 'Making something contemporary isn't about modernising; it's about making sure it speaks to a present-day audience and isn't just an antiquity.'

Turbulent skies

Katherine Kelly is a flight attendant forced to smuggle drugs to save her son

NEW DRAMA

In Flight

Tuesday-Thursday, 9pm, C4 (box set, Channel 4 Streaming)

Drug gangs, violent assassins and the extreme lengths an ordinary mother will go to save her son's life are at the core of C4's edge-of-your-seat international crime thriller *In Flight*.

The six-part series is set across the UK, Bulgaria, Thailand and Turkey and stars *The Long Shadow*'s Katherine Kelly as single mum and flight attendant Jo Conran, whose 19-year-old son Sonny (*Dope Girls*' Harry Cadby) has recently been jailed in Sofia for killing a local man in a drunken brawl, a murder he swears he didn't commit.

ILLEGAL CARGO

But things take a terrifying turn when Jo is approached at a bar by hardened criminal Cormac (*Miss Scarlet & The Duke*'s Stuart Martin), who warns her that Sonny's life is on the line unless she uses her airline job as cover to smuggle vast quantities of heroin from Bangkok and Istanbul for Cormac's kingpin bosses.

As Jo is forced to carry out the gang's high-stakes orders with no chance of escape, she gets pulled deeper and deeper into a violent criminal underworld, all while trying to keep Sonny alive.

DIRTY WORK

'Jo's already in an extreme situation because her son has been arrested in Bulgaria, and her whole life has changed,' says Kelly, 45. 'Then, just when you think things couldn't get any worse, she meets Cormac at a bar, which ends up plunging her life into something far worse than she could ever have imagined, even in her wildest nightmare.

'Cormac holds all the cards and Jo's absolutely helpless. He makes no bones about it – there's no way out for her. The only way for her to smuggle the heroin is to put up some sort of iron wall around her emotions. She's an ordinary woman, yet by the end of episode two she's got a gun

Sonny (Harry Cadby) is in prison in Bulgaria

Katherine Kelly stars as Jo Conran

Cormac (Stuart Martin) makes Jo an offer she can't refuse

to somebody's head. She's just making decisions in the moment to save Sonny's life.'

The cast also includes Ambreen Razia (*Ted Lasso*) as Jo's suspicious best friend Zara, and Ashley Thomas (*Top Boy*) as her married ex-lover Dom, who also happens to be a customs officer and possibly the only one who can help her escape her hellish predicament.

'Jo's an ordinary woman, making decisions in the moment to save Sonny's life'
KATHERINE KELLY

As Jo confides in Dom, however, it reignites their passion, while his involvement ends up putting his life in danger, too. But as the series progresses, can anyone – even Jo's supposedly innocent son – be trusted?

'The twists and turns come thicker and faster than any other series I've ever been in,' says Kelly. 'Rollercoaster is a very overused word for a thriller, but I'm struggling to think of one better.'

Although the action in the series takes viewers on a journey across the globe, it was filmed entirely on location in Belfast.

HARD RAIN

'Belfast is the most brilliant place to film and our production team knew every nook and cranny of the city, so we were able to make it look like anywhere in the world,' says Kelly.

'We actually shot the Thailand scenes when the whole of Northern Ireland was in the middle of an amber weather warning. It was supposed to look like we were somewhere luscious and sunlit, but it was absolutely throwing it down and everybody was wet through!'

Jo asks her ex Dom (Ashley Thomas) for help

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Mack, Charity, Jacob and Sarah get surprising news

EMMERDALE

Charity's pregnant... but why isn't she happy?

» **There was devastation** for the Dingles last week when Sarah's quest to have a baby ended in tragedy. Surrogate Charity, who had been implanted with an embryo consisting of her granddaughter's egg and Jacob's sperm, suffered a fall while walking in the woods, and later started to bleed. She hoped for the best, but a pregnancy test came back negative.

With Sarah in bits, Cain insists on stumping up the cash for another embryo transfer using secret funds that wife Moira doesn't know about. Sarah and Charity are on board, and the latter even gets the support of once-disapproving husband Mack. The family heads to the clinic for the procedure, and the doctor does a pregnancy test on Charity beforehand, as is standard practice. But to everyone's shock, it's positive.

Mum-to-be Sarah

Sarah is over the moon, seeing a ray of light at the end of a very long tunnel, and she later announces the good news in The Woolpack. But Charity struggles with the idea and is secretly in turmoil. Question is, why?

» **PLUS** Vinny is targeted by new 'pal' Mike, Ruby clashes with Manpreet over Steph, April gets pulled into Ray's drug-dealing operation, John plots to discredit Robert, and Ross draws a blank in his effort to secure work.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Carla tells Ryan she plans to propose to Lisa (above), Abi and Carl fear they're about to be exposed, Aadi and Amy sleep together, Gary decides to 'sort out' Noah for Theo, George gets himself a date, and Tyrone's son Dorin disappears.

EASTENDERS

» Eve supports Avani with a secret termination (above), Stacey reports predatory Joel to the police, Kojo is manipulated by Ravi and Okie, Patrick struggles with anxiety following his attack, and Honey has her eye on Mr Lister's job.

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Adrian Dunbar as Alex Ridley

Scales of justice

Adrian Dunbar is back as the grief-stricken crime-fighter

NEW CRIME DRAMA

Ridley

Sunday, 8pm, ITV1 (box set, ITVX)

It's been three years since we last saw Alex Ridley (Adrian Dunbar), the former detective who lost his wife and daughter in an arson attack meant for him. And although he's trying to move on through his work as a police consultant, the grief remains ever-present – as we see when the crime drama returns for a new four-part run.

This week, a young informant provides Alex with intel following a raid on a jewellery store owned by Harry Bentham (*Holby City* star John Michie). But the case takes a turn when a key witness is murdered, and Alex and his former protégée DI Carol Farman (Bronagh Waugh) must track down the criminal gang responsible.

When he's not investigating, Alex also sings at Marling's, the jazz club he co-owns with his late wife's best friend, Annie (Julie Graham). But when Harry and Annie begin to grow closer, Alex realises his feelings have changed.

Here, Dunbar, 67, tells us more about the new series…

Alex has suffered a lot of pain. How is he doing when we catch up with him? The first episode is about pursuing a murderer, but within that he's not over the death of his daughter. It will be forever in the background of his life.

What about his relationship with Annie? Alex never saw Annie as someone he might have a relationship with. It's only when Harry Bentham arrives in the first episode and shows an interest in Annie that he starts thinking, 'Hang on a minute. Why have I got these feelings?'

The songs that Alex performs are also central to the show, aren't they? Yes. Richard Hawley is a brilliant songwriter who writes songs about male grief. They really suit my character and echo the mood of the piece.

The Lancashire locations are beautiful. What was the weather like? Really cold! We did one scene on the moors. It was snowing and Bronagh and I had to go inside every two takes because our faces were frozen and we had to sit by the fire to relax.

***Ridley* episodes are feature-length. Do you like that?** Yes, it really allows you to tease something out. Relationships between people get truncated in shorter formats. In *Line of Duty*, you got hints of personality and personal lives. But with this, viewers get to see the backstory and the lives of the people involved.

You mentioned *Line of Duty*. Will it return? We all want to do it, and I know Jed Mercurio has been writing, so I can't see any reason for it not to happen next year.

Dunbar with Julie Graham as Annie

John Michie as Harry Bentham

WORDS: ELAINE PENN. PHOTOS: ITV

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Alyssa Milano

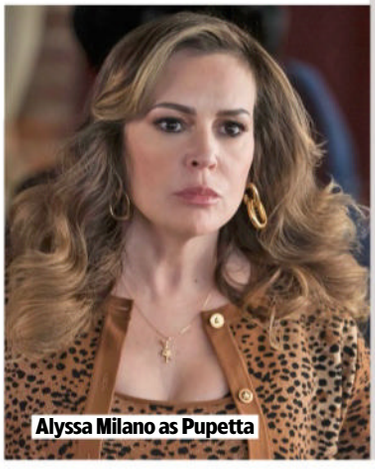
Elsbeth

Monday, 9pm, Sky Witness

Born in New York in 1972, Alyssa Milano made her TV debut in sitcom *Who's the Boss* (inset, 1984-1992) playing the daughter of Tony Danza's widower dad. She has also starred as Jennifer in soap opera *Melrose Place*, criminal and romantic interest Billie in comedy *My Name is Earl* and is best-known as powerful witch Phoebe in fantasy series *Charmed*. Milano's face also served as the inspiration for Ariel in Disney animated movie *The Little Mermaid*.

HER NEW ROLE

In this week's episode of *Elsbeth*, Milano stars as the fiery Pupetta, who runs an Italian family restaurant that was the scene of an infamous Mob assassination in the 1990s. As Elsbeth delves deeper into the case, she uncovers a web of lies that puts Pupetta under suspicion. However, when the kooky crimefighter tries to exhume the victim's body for evidence, Judge Crawford's grudge against Elsbeth causes a roadblock in the investigation.


Alyssa Milano as Pupetta

Imposter syndrome

An **alien doppelganger** pretends to be Harry as the sci-fi comedy returns

NEW SCI-FI COMEDY

Resident Alien

Tue, 10pm, Sky Max & Sky Showcase

Buckle up for more cosmic chaos as oddball alien Harry Vanderspeigle finds himself stuck in a lunar prison while a shapeshifting imposter hijacks his life on Earth in Season 4 of Sky's *Resident Alien*.

We last saw Harry (Alan Tudyk) making contact with the Grey aliens, only to be tricked and abducted to a secret moon base. Now imprisoned along with his son, Harry is feeling homesick in the sci-fi comedy's new 10-part run.

Asta protects Sahar and Max

Meanwhile, back on Earth, a chain-smoking, head-eating, praying mantis-type alien called a Mantid is posing as Harry and wreaking havoc in Patience, Colorado. Will the townsfolk, including nurse Asta Twelvetrees (Sara Tomko), spot he's a fake?

HOMESICK HARRY

'Harry's been wallowing and reminiscing about his friends on Earth since being captured,' says Tudyk, 54. 'He's starting to miss Earth as home, but whereas Harry is emotional, messy and trying to be human, the Mantid is cold, calculating and doesn't quite get it right.

'He can mimic Harry in moments when he feels he'll be exposed, but other than that, he smokes cigarettes and is very much a sexual being. Mantid Harry has got a groove.'

Tudyk had a blast playing the Mantid, while Clancy Brown, who voices villainous Lex Luthor in DC Comics animations, provided the voice.

'The Mantid is cool, but also creepy and gross, and he's planning on eating everybody,' says Tudyk, 'He's a predator, while Harry is a little more unsure of himself. Harry did start out as the alien who came to kill everybody, but he had a heart.'

As well as taking on the dual roles of Harry and the Mantid, Tudyk also directed the first two episodes of the new series.

'I've always wanted to direct and knew Episode 1 would be a great opportunity,' he says. 'It's isolating and dark. It's just Harry, and I know Harry better than anyone.'

This season also follows D'Arcy Bloom (Alice Wetterlund), who's caring for the baby daughter of Mayor Ben Hawthorne (Levi Fiehler) and his wife Kate (Meredith Garretson) after she was abducted by the Greys and later rescued, while Sheriff Thompson (Corey Reynolds) is on medical leave.

'This show is rare and beautiful,' says Tudyk. 'There's comedy, but we're saying real things about humanity and the universe.'

Valter Skarsgård as Vilhelm and Jennie Silfverhjelm as Alex

Family FORCE

Young cop **Vilhelm takes centre stage** in the Scandi crime series

NEW CRIME DRAMA

Beck

Sat, 9pm, BBC4 (box set, BBC iPlayer)

Solving crime isn't just a job, it's the family business for veteran detective Martin Beck and his police officer grandson Vilhelm as the long-running Swedish crime drama returns for two new investigations.

The first case unfolds when armed robbers trick their way into a Stockholm apartment in the guise of couriers and hold an accountant and his wife at gunpoint, demanding to know the whereabouts of a collection of luxury watches. But when the

WORDS: HANNAH DAVIES, REBECCA MAHONEY, RICHARD MCCLURE. PHOTOS: 5, BBC, C4, SKY, SHUTTERSTOCK

Alan Tudyk as Harry

robbery goes horrifically awry, young cop Vilhelm Beck (Valter Skarsgård) and his patrol team arrive to discover a murder scene – which stirs up past trauma for Vilhelm.

His sharp acumen isn't wasted on his superiors, and Vilhelm is soon reassigned to the homicide squad led by Alex Beijer (Jennie Silfverhjelm). Will his persistence help crack the case or cause problems for his grandfather's reputation?

'It's an honour to be part of the *Beck* family,' says Skarsgård, 29, the son of *River* star Stellan Skarsgård, and brother of *True Blood*'s Alexander Skarsgård and *Vikings*' Gustaf Skarsgård.

'I grew up watching *Beck*. My character was born during an early season, so I thought I may as well watch all the episodes from the beginning. It was interesting, not least because I noticed how the crime genre has changed over the past two decades.'

Based on the Nordic noir novels by Maj Sjöwall and Per Wahlöö, the drama has long-followed titular detective Martin Beck, played by Peter Haber, and his team. But Vilhelm's prominence has sparked speculation of a new era of crime-solving.

'Vilhelm has been given an increasingly central role. But I haven't signed on for 50 new films,' laughs Skarsgård. 'It's been fun so far, and they can use me more if they want.'

Peter Haber as Martin and Skarsgård, who plays his grandson

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

VJ Day 80: The Nation's Tribute

LIVE

Friday, 11.30am, BBC1

It's 80 years since World War Two hostilities ended when Japan surrendered to the Allies on 15 August 1945. To mark the anniversary of VJ Day, a commemorative event is being held at the National Memorial Arboretum, Staffordshire, with a two-minute silence at midday. On Sun (8.15pm, BBC1), there is a special edition of *Antiques Roadshow*, while on Wed (9pm, BBC2), *VJ Day 80: We Were There* hears testimonies from our last veterans.

Lost in the Desert with Nick Knowles

NEW

Friday, 9pm, 5

Nick Knowles is back on his intrepid travels, this time for a three-episode adventure across Mongolia's Gobi Desert. He begins his journey by joining the riders at a horse archery academy, and also tries playing a horse-headed fiddle. 'It's mile after mile of spectacular wilderness where there are more horses than people,' says Knowles.

FBI: Most Wanted

NEW

Tuesday, 10pm, Sky Witness

As the FBI spin-off returns for a sixth and final season, the Fugitive Task Force investigates the death of an NYPD cop who was scheduled to testify against a gang member. But then Remy (Dylan McDermott, right) and the team find other victims killed in a similar manner. 'All good things must come to an end,' says Edwin Hodge, who plays Special Agent Ray Cannon.

George Clarke's Kitchen vs Garden

NEW

Wednesday, 8pm, C4

George Clarke teams up with garden designer Luke Millard to help families across the UK improve their property's kitchen and garden, but it's down to the homeowners to choose where to put the lion's share of the budget. The pair begin in Essex where they come to the aid of solicitor Gemma and her husband Scott.

Going for broke

Chris Hemsworth once again pushes his mind and body to the limit

Disney+ Limitless: Live Better Now

NEW *Available: Friday 15 August*
Genre: Documentary Season: 2 Episodes: 3

As Thor in the Avengers movies, Chris Hemsworth is used to performing Herculean tasks. But away from his superhero role, the Australian star now takes on more extreme challenges to explore the latest scientific thinking behind the secrets to living a better life in a new run of Disney+'s documentary series *Limitless*.

In the show's three-part second season, *Live Better Now,* the actor learns a new skill – drumming – to help to boost brain power, appearing on stage with Ed Sheeran, overcomes his fear of heights by climbing a 600ft Alpine dam and looks for ways to handle his chronic back pain by trying ancient healing techniques in South Korea before undergoing some brutal trials with the country's Special Forces

Here, Hemsworth, who turns 42 on 11 August, tells *TV&Satellite Week* more…

How did you feel after filming the first series, in which, among other things, you plunged into icy waters in the Arctic and fasted for four days? It almost killed me, emotionally and physically! But once the show had aired, people were talking about what they'd received from it. There was this spectrum of different age groups and demographics from around the world who'd got some sort of knowledge or new direction where they could become the best version of themselves.

In the first episode of the new series, you're told that learning a new skill – like a musical instrument – can boost your brain power, and your friend Ed Sheeran sets you a challenge to learn the drums and accompany him for one song during his tour. What was that like? Initially, my head was in knots. But walking out into the arena, which was way bigger than I'd imagined, and to be in the eye of the storm and to have the approval of 70,000 people was a huge high. It was very much like an out-of-body experience. I was floating along for the ride.

You also face your fear of heights by scaling a 600ft Alpine dam, using your children as an inspiration to try to relive that childlike state of carefree risk-taking... There's a boundless sort of enthusiasm and fearlessness that allows children to do things that we as adults have no chance of accomplishing. There's too much analysing and critiquing to be truly free like that – I really yearn for that frequently.

What do you hope viewers will gain from watching the new series? The hardest lessons are the best lessons. The most growth, whether it be physical, spiritual or emotional, comes from concrete things that you might have wanted to avoid at some point. The overarching theme with these episodes was about discomfort and being friends with it.

Facing his fear of heights

With friend Ed Sheeran

What we're watching...

The shows being enjoyed by the *TVSW* team

U Ladies in Black

Genre: Drama Season: 1 Episodes: 6

Set six months after the 2018 film of the same name and featuring a new cast, this 1961-set Australian drama centres on five very different women working in the Model Gowns department of Sydney's prestigious Goodes department store. Miranda Otto stars as the buttoned-up Mrs Ambrose, whose arrival from England to take over the position of manager of the department from Magda (Debi Mazar) does not go down well with the other women, each of whom is dealing with change in their lives.

NETFLIX Untamed

Genre: Drama Season: 1 Episodes: 6

Troubled, taciturn federal agent Kyle Turner (Eric Bana, right) investigates the death of a young woman in California's Yosemite National Park in an intense, solidly acted thriller with a stunning backdrop.

NETFLIX Amy Bradley Is Missing

Genre: Documentary Season: 1 Episodes: 3

The true story of 23-year-old American Amy Bradley (right), who disappeared from a cruise ship in 1998 while on holiday with her family. Despite officials believing she fell overboard, Amy's family still want answers.

Now in production...

Three upcoming shows to look out for soon

tv+ Stiller & Meara: Nothing Is Lost

Ben Stiller (above) will direct Apple TV+'s documentary film, airing this October, which explores the careers and lives of his late parents, *Seinfeld*'s Jerry Stiller and *Fame*'s Anne Meara. He also reflects on the impact they had on his own work and family.

NETFLIX Unaccustomed Earth

Netflix's adaptation of Jhumpa Lahiri's short-story collection, starring Freida Pinto (above), will follow the tangled romances and tough dilemmas faced by a close-knit Indian-American community in Cambridge, Massachusetts.

Paramount+ NOLA King

In Paramount+'s *Tulsa King* spin-off, Samuel L Jackson (above) will play Russell Lee Washington Jr, a prison pal of Dwight Manfredi (Sylvester Stallone). Trouble brews when Russell, who will also appear in the third run of *Tulsa King* this autumn, heads home to New Orleans.

WORDS: CAREN CLARK; JUDY EWENS, ELAINE PENN. PHOTOS: ©2025 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, U, NATIONAL GEOGRAPHIC

Desperate measures

Vanessa Kirby will do anything to save her family from eviction

NETFLIX Night Always Comes

NEW *Available: Friday 15 August*
Genre: Thriller

BAFTA-winning star of *The Crown* Vanessa Kirby embarks on a dangerous race against time in Netflix's gritty thriller *Night Always Comes*.

She plays down-on-her-luck Lynette, who has one night to raise $25,000 to stop her family from being evicted from their home in Portland, Oregon, and left to live on the streets.

But as her desperate mission to get her hands on the money becomes increasingly risky, Lynette finds herself getting sucked into the seedy corners of the city's criminal underworld, while also confronting her own dark past.

'What drew me to the film was its exploration of survival and sacrifice and the idea of quiet heroism,' says director Benjamin Caron. 'It asks the questions: Who gets to feel safe? And at what cost? Each decision, no matter how reckless, is an attempt to outrun her past and carve out a future.'

Facing massive debts, seemingly racked up by her irresponsible mother (Jennifer Jason Leigh), and feeling the emotional weight of caring for her brother (Zack Gottsagen), who has learning disabilities, Lynette has no choice but to find the cash, no matter the cost – and that means all options remain on the table, including sex work and robbery.

OUT OF CONTROL

Caron, who previously directed Kirby in her award-winning role as Princess Margaret in *The Crown*, is full of praise for the actor.

'Vanessa brings a beautifully wild energy to Lynette, making the character unpredictable and deeply, deeply human,' he says. 'Together, we worked on creating a character who's simply not just reacting to the world, but desperately trying to wrest control of her future, even as she teeters on the edge of self-destruction.'

Kirby with co-star Zack Gottsagen

CRIME ROUTE

How a London bus driver was secretly a **drug kingpin**

Jesus Ruiz Henao

discovery+ The Bus Driver: Britain's Cocaine King

NEW *Available: Monday 11 August*
Genre: Documentary Season: 1 Episodes: 2

Growing up poor in a cocaine-producing region of Colombia, Jesus Ruiz Henao had one ambition – to be rich. And when he moved to London in the 1980s, he achieved his dream by building a billion-pound cocaine empire, with the help of Colombian drug cartels, while working as a bus driver.

Now, Ruiz Henao's extraordinary story is being told in Discovery+'s two-part documentary *The Bus Driver: Britain's Cocaine King*.

'A poor Columbian refugee becomes the biggest drug trafficker in British history and nobody knew about it. It seems like fiction,' says Ruiz Henao's biographer Ron Chepesiuk.

'His business expanded as the demand for cocaine in England expanded. He did a pretty good job of keeping his identity secret. But it increased the risk because it was almost impossible to explain why he was coming into such money.'

For years, while driving the 134 bus from Finchley to Euston, Ruiz Henao managed to stay one step ahead of the police.

But in 2003, following one of the Metropolitan Police's largest criminal investigations, Ruiz Henao was arrested. He pleaded guilty to conspiracy to supply drugs and to money laundering, and in 2006 was sentenced to 19 years in prison. He was eventually deported to Colombia, where he awaits extradition to the US to face new drug charges.

'For a long time, he fooled the police and made a lot of money,' says Chepesiuk. 'But his cocaine caused a lot of deaths and a lot of suffering, so he has to bear responsibility for what he did.'

WORDS: CAREN CLARK, HANNAH DAVIES, VICTORIA WILSON. PHOTOS: BBC, C4, DISCOVERY+, NETFLIX, PRIME VIDEO

Daniel Dae Kim and Reina Hardesty

An **assassin targets her own father** in a high-octane spy thriller

Shoot to kill

prime Butterfly

NEW *Available: Wednesday 13 August*
Genre: Action thriller Season: 1 Episodes: 6

A father and daughter's complex relationship is explored against a backdrop of global espionage in Prime Video's comic-book thriller *Butterfly*.

Hawaii Five-0's Daniel Dae Kim plays David Jung, a former US intelligence operative who faked his own death years ago, leaving behind a daughter, Rebecca (*DC's Legends of Tomorrow*'s Reina Hardesty).

David's decision comes back to haunt him when he learns that Caddis, a spy organisation run by the scheming Juno (*Coyote Ugly*'s Piper Perabo), wants him dead – and Rebecca is the assassin who's been assigned to kill him.

But following an awkward reunion, David's fatherly instincts kick in and he tries to protect his daughter from dark forces at play.

'There are always things that parents want to do – they have the best intentions, but things go wrong along the way,' says Kim. '*Butterfly* is the realisation of a long-time dream to bring together American and Korean storytellers and create a show that bridges two cultures that I love deeply.'

Kim as David Jung

RECONNECTING

As dad and daughter bond, Rebecca must make a hard decision of her own: does she trust the father she thought had abandoned her, or does she complete the mission, which would see her lose him again?

'It's complicated,' says Hardesty. 'They're both trying to reach out in their own messed-up ways. They have a hard time connecting but, underneath it all, there's a lot of love there. Daniel and I first met during the audition process and I was immediately disarmed by how kind he was and how he has a "dad aura" in general.'

Both actors followed a strict regime to nail the stuntwork involved in making *Butterfly*, which was filmed almost entirely in Kim's native South Korea.

'It was hard work but we had an amazing stunt team,' says Hardesty. 'I was doing a lot of kick-boxing and some firearms training as I'd never really handled guns before, so I wanted to get comfortable with it.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER Destination X

BBC1's game show – hosted by Rob Brydon (above) – in which contestants journey across Europe and have to guess their location, sees the players holed up in a giant box in the square of an undisclosed town, and they must spot clues out of the tiny windows.

BBC iPLAYER The Gone

In the return of BBC2's New Zealand-set crime drama, Dublin cop Theo (Richard Flood) hunts for missing love Aileen. But when clues lead him and Maori detective Diana (Acushla-Tara Kupe, above with Flood) to a cabin, there are scary discoveries.

4 Queen Victoria: Secret Marriage, Secret Child?

C4's film follows Rob Rinder and Dr Fern Riddell (both above) as they explore intriguing new evidence about Queen Victoria's relationship with her servant John Brown.

BBC iPLAYER Mayfair Witches

A second run of BBC1's drama finds doctor and witch Rowan (Alexandra Daddario, above) raising the child she conceived with shapeshifting spirit Lasher (Jack Huston). But the boy, who is his father reborn, ages rapidly and spirals out of control.

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SCAN HERE

Pick of the new releases

The best new shows to enjoy this week on streaming services...

Outlander: Blood of My Blood
Saturday 9 August

Prequel to historical romantic drama *Outlander*. It tells the story of how the parents of Jamie Fraser came together in 18th-century Scotland and how the parents of Claire Beauchamp met during World War One in England. Harriet Slater, Jamie Roy, Hermione Corfield and Jeremy Irvine star. See feature, page 6.

Krypton
Sunday 10 August

Both seasons of the sci-fi series from 2018-2019 set two generations before the destruction of Superman's home planet, Krypton. The Man of Steel's grandfather, Seg-El (Cameron Cuffe), must decide whether to save his home planet or let it be destroyed in order to restore the fate of his future grandson.

The Bus Driver: Britain's Cocaine King
Monday 11 August

Docuseries on Jesus Ruiz Henao – the man believed to have brought cocaine to Britain. After moving to London from Colombia in 1985, he worked as a bus driver while building up a billion-pound cocaine empire. See feature, page 16.

Final Draft
Tuesday 12 August

Japanese reality competition. Twenty-five athletes, who have retired either involuntarily or by choice, compete against each other in gruelling physical and psychological challenges for a 30 million yen prize that will allow them to jump-start a new career.

Butterfly
Wednesday 13 August

Action thriller starring *Lost* and *Hawaii Five-0*'s Daniel Dae Kim as a former US intelligence operative living in South Korea whose life is blown to pieces when the consequences of a decision he made in his past catch up with him. See feature, page 17.

Young Millionaires
Wednesday 13 August

French drama. Four Marseilles teens win €17 million in the lottery, but none of them are 18, so they can't legally claim the prize. Their solution involves an 18-year-old who isn't part of their inner circle – and chaos ensues.

Alien: Earth
Wednesday 13 August

Sci-fi prequel to the Alien movies. When a deep-space research vessel crash-lands on Earth, a young hybrid (a humanoid robot infused with human consciousness) and a ragtag group of soldiers meet terrifying life forms. See feature, page 4.

Fixed
Wednesday 13 August

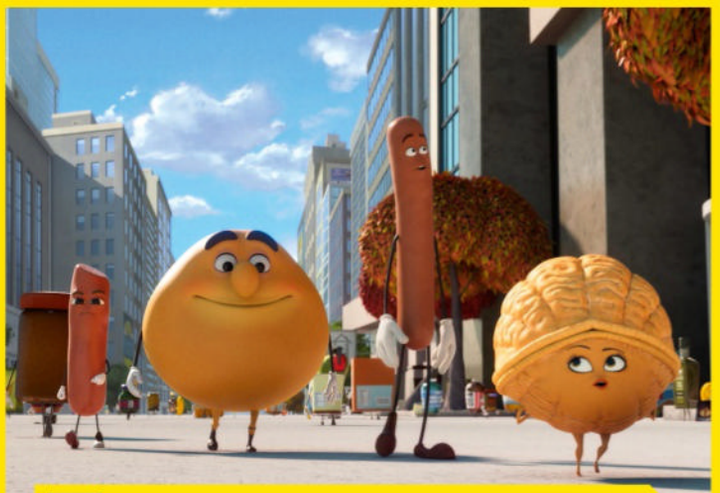
Adult animated-comedy film. Bull the dog discovers he's going to be neutered in the morning, so decides to have one last adventure with his pack of best friends before his life-altering operation. With the voices of Adam Devine, Idris Elba and Kathryn Hahn.

PAW Patrol: Jungle Pups
Wednesday 13 August

Animated children's special. Ryder and the PAW Patrol crew embark on one of their biggest rescue missions yet when Carlos and Tracker discover danger is lurking around every corner in the jungle oasis they've stumbled into.

Love Is Blind: UK
Wednesday 13 August

The second run of the reality show in which singletons choose someone to wed without meeting them. Over several weeks, the pairs move in together to find out if they should get hitched. Hosted by Matt and Emma Willis.



Sausage Party: Foodtopia
Wednesday 13 August

The second season of the adult animated series. Exiled from home, frankfurter Frank, sausage Barry, and bagel Sammy find themselves in New Foodland, a shining utopia for food and humans alike, but a dark secret threatens the entirety of sentient food society. The voice cast includes Seth Rogen, Edward Norton and Michael Cera.

Heart Eyes
Thursday 14 August

Horror film. A serial killer who murders couples on Valentine's Day mistakenly thinks a pair of work colleagues are romantically involved and targets them. Starring Olivia Holt and Mason Gooding (son of Cuba Gooding Jr). See review, page 22.

Hellground
Friday 15 August

German drama from Walter Presents. When a string of mysterious deaths take place in a small village in the Black Forest, a local officer is the only one who senses something sinister is going on. Her investigations lead her to a charming country doctor.

Limitless: Live Better Now
Friday 15 August

In the second season of *Limitless*, Chris Hemsworth (Thor in the Marvel Cinematic Universe) takes on three challenges that explore brainpower, fear and pain, with the goal of living a better life. He plays drums with Ed Sheeran in front of 70,000 fans, scales a towering Alpine dam and endures South Korean Special Forces training. See feature, page 14.

Night Always Comes
Friday 15 August

Thriller starring *The Crown*'s and *Pieces of a Woman*'s Vanessa Kirby as a woman in a desperate and increasingly dangerous all-night search to raise $25,000 by morning to prevent her family, including her developmentally disabled brother, from being evicted. See feature, page 16.

Rebirth: Home Sweet Home
Friday 15 August

Supernatural horror. During a deadly mall shooting, a cop (*The Royals*' William Moseley) is thrust into an alternate realm called The Hindrance. With the help of a mysterious novice monk, he races against time to save his wife and stop an evil occultist from opening the Gates of Hell.

Fit for TV: The Reality of The Biggest Loser
Friday 15 August

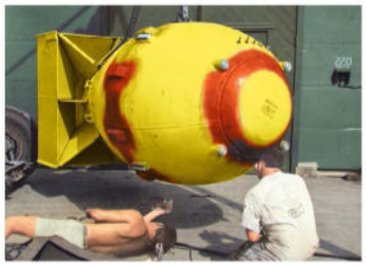
Three-part documentary on the long-running American reality show in which those taking part competed to win a cash prize by losing the most weight. Former contestants and producers reveal the reality of making the show.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PRIME VIDEO

Documentaries

Body of lies

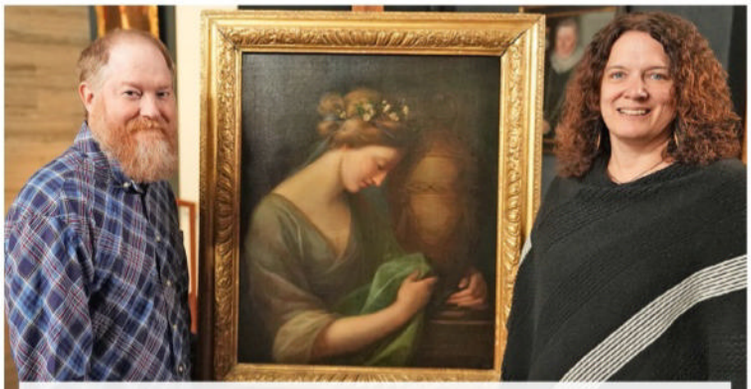
How a father and son built an **illegal steroid empire** from North Wales...



The Manhattan Project in Colour

Saturday, 8pm, C4

Eighty years ago, the destructive power of the nuclear bomb created by scientist J Robert Oppenheimer's Manhattan Project destroyed the cities of Hiroshima and Nagasaki, inflicting horrific civilian casualties. Using archive photographs and restored film, this documentary looks back on the cataclysmic events.



Fake or Fortune?

Monday, 9pm, BBC1

When Pat and Laura from Pennsylvania (above) purchased a portrait of a woman with her arms around an urn at auction for just $200, they never imagined it might be worth far more than that. Is it a lost masterpiece by 18th-century Swiss artist Angelica Kauffman? Fiona Bruce and Philip Mould investigate whether the work is authentic.

Amsterdam Narcos

Wednesday, 9pm, Sky Documentaries (box set, Sky Box Sets & NOW)

A three-part look at how liberal drug laws in the Netherlands led to its capital Amsterdam becoming the hub for a multibillion-pound smuggling trade. Contributors include law-enforcement officers such as police commissioner Jan Stuiss (above), drug manufacturers, traffickers and users.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: BBC, C4, GETTY, NATIONAL GEOGRAPHIC, SKY

NEW FACTUAL

Confessions of a Steroid Gang

Tuesday, 9pm, 9.30pm & 10pm, BBC3 (box set, BBC iPlayer)

The true story of how father and son Andrew and Macaulay Dodd started illegally manufacturing and selling steroids from a small farm in North Wales is told in this three-part documentary, featuring interviews with detectives, steroid users and the Dodds themselves.

Despite major health risks linked to anabolic steroids, including anger, paranoia, intrusive thoughts and even death, it's estimated that more than a million men in the UK use the drugs to help them achieve their dream bodies. So for the Dodds it seemed like easy money.

OUTSIZE GROWTH

'Maybe I played it down a bit in my own mind,' admits Andrew Dodd, a cockle-picker, who first got involved in the illegal steroid game after meeting a dealer in the local pub.

'You sort of think it's not that bad really. It's not like cannabis or cocaine – people use it to go to the gym. I just thought it would be a sideline. I thought, "What could go wrong?" But we ended up creating a monster.'

With detailed instructions from his pub contact, Dodd enlisted his son to help him set up a full-blown manufacturing operation from a farm in St Asaph, Denbighshire. They imported synthetic testosterone powder from China disguised as food products, mixed it in their home lab and sold the muscle-building substances illegally via the internet to gym-goers in the UK and abroad.

But the more money the Dodds made and the bigger their empire got, the riskier the whole operation became. There were also tensions between father and son over money as the small-time scheme became increasingly lucrative.

Eventually, the UK Border Agency intercepted a handful of their parcels containing the raw materials used to make anabolic steroids. They alerted detectives from North Wales Police, who launched an investigation known as Operation Fasti.

The Dodds' luck ran out when their distributor was arrested, leaving a trail that led directly back to them. In 2018, at Mold Crown Court, Flintshire, they pleaded guilty to illegally manufacturing and importing £2 million worth of anabolic steroids and were each handed a five-year custodial sentence.

'This might sound strange to hear, but it was almost like a relief,' admits Dodd. 'It just feels like it's over, it's done. You're not lying or deceiving your friends and family any more. But I've paid for what I've done. It wasn't right and I'll never do it again.'

Richard Ramirez: The Night Stalker Tapes

Sunday, 9pm, Sky Crime (box set, Sky Box Sets & NOW)

How did Texan Richard Ramirez (pictured with wife Doreen) grow up to be a serial killer of at least 15 people in San Francisco in the 1980s? Using audio interviews with Ramirez, who died in 2013, this two-parter details his abusive upbringing and drug use.

Genghis Khan: The Secret History of the Mongols

Sunday, 7pm, National Geographic

Based on a new translation of the oldest surviving work in the Mongolic languages, this documentary charts the rise of 12th-century warrior Genghis Khan and the expansion of the Mongolian empire. It sheds new light on his battles with rivals and the kidnapping of his bride, Börte.

John Bonham, Jimmy Page, John Paul Jones and Robert Plant

Rock climbers

The early years of heavy-metal pioneers **Led Zeppelin**

NEW MUSIC

Becoming Led Zeppelin

From Saturday 9 August, Sky Box Sets & NOW

Titans of the rock scene in the 1970s, Led Zeppelin might have been another footnote in music history had they not succeeded where many British bands failed, by cracking America before getting the recognition they deserved at home.

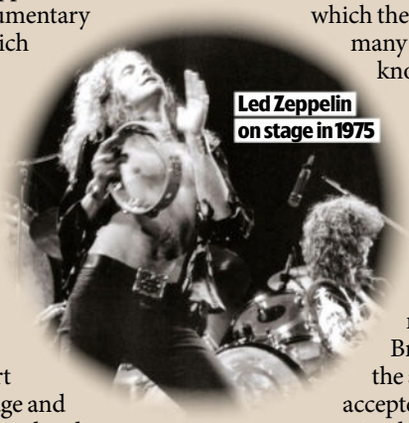
Now, the notoriously media-shy band have approved the first authorised documentary about them, which charts their meteoric rise in the late 1960s.

Directed by Bernard MacMahon, *Becoming Led Zeppelin* features interviews with surviving members Robert Plant, Jimmy Page and John Paul Jones and audio recordings of the late John Bonham, as well as footage of their extraordinary live shows.

The band was founded in 1968 by former Yardbirds member Page, and initially toured as The New Yardbirds before renaming themselves Led Zeppelin, a pun on lead balloon. *Becoming Led Zeppelin* revisits the backstories of the band members – including Plant's intention to become an accountant – and recalls how, despite adverse coverage in the music press, they found fame across the Atlantic on their 1968-69 American tour.

'I remember we were backstage at [San Francisco venue] the Fillmore,' says Plant. 'And our manager said: "If you don't crack it here, it's over."'

The film stops short of the band's success in the 1970s, during which they recorded many of their best-known tracks.



Led Zeppelin on stage in 1975

'In January 1970, Led Zeppelin had become the most popular band in North America and returned to Britain where the audience accepted them as returning heroes,' says MacMahon. 'This is the coming together of their childhood story.'

'This is a remarkable journey into the heart of the whirlwind,' says singer Plant, while guitarist Page adds, 'The energy of the story and the power of the music is phenomenal.'

Films Our pick of this

MOVIE OF THE WEEK

Heart Eyes

Two co-workers are mistaken by a masked killer and hunted in this superior slasher

DARK COMEDY HORROR

From Thursday, Paramount+ and Sky Premiere, 10pm

★★★★

There's a terrifying serial killer on the loose, who pops up on St Valentine's Day to kill off romancing couples before disappearing again. The masked murderer with hearts for eyes has all of the US shaken, but Ally (Olivia Holt) feels immune – she's single. Forced to team up with new workmate Jay (Mason Gooding) for a workplace emergency, though, they are mistaken by the killer as a loved-up pair...

Taking some smart lessons from the *Scream* franchise in its humour and knowingness, this horror slasher is also a terrific anti-romcom, as two people who barely know each other have to convince a murdering lunatic they're not together – or work as a team to take down the seemingly unstoppable killer.

Holt and Gooding make great leads, as if they're in a romantic comedy that's somehow gone horribly sideways. Director Josh Ruben (maker of the equally amusing *Werewolves Within*) brings the smarts, the scares and the pace, delivering a (sometimes shockingly) gory but wildly fun horror comedy. 2025, 18, 97MIN

WORDS: JASON BEST, NIGEL PIZEY, NEIL SMITH

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

More premieres and Day by Day planner ›››

week's Best Movies

SPORTS BIOPIC

The Iron Claw

From Saturday, Netflix ★★★★

Triumph and tragedy form an inseparable tag team in writer-director Sean Durkin's engrossing and emotional chronicle of the close-knit Von Erich clan, sibling wrestlers Kevin, Kerry and David (played by Zac Efron, Jeremy Allen White and Harris Dickinson), whose rise to prominence in 1980s Texas was remorselessly accompanied by an almost Shakespearean succession of setbacks. Upfront about wrestling's choreographed fakery, it also gives its practitioners their due by showing both the arduous training required to mould their muscular physiques, as the film calculates the cost the boys paid trying to live up to the exacting standards of their father/coach (Holt McCallany) – a price that made each of them genuinely fear that their surname came with a curse. 2023, 15, 132MIN

Ring pull: Zac lets fly

COMEDY DRAMA

Saturday Night

Friday, 8.30am & 8pm, Sky Premiere ★★★★

In almost real time, this frenetic comedy takes us through the 90 minutes before the first ever *Saturday Night* (later renamed *Saturday Night Live*) in 1975 was aired, with producer Lorne Michaels (Gabriel LaBelle) preparing his first-of-its-kind live sketch show. Starring in it, he has young, rambunctious, unknown performers, including Chevy Chase (Cory Michael Smith), Dan Aykroyd (Dylan O'Brien), Gilda Radner (Ella Hunt) and an especially difficult John Belushi (Matt Wood). It's a wild, incredibly funny, sometimes exhausting journey, with incomplete scripts, crashing lights, sceptical suits and an overstimulated cast creating headaches everywhere Michaels goes. Smart, sharp and set at a jet-fuelled pace, it's a carnage-filled blast. 2024, 15, 109MIN

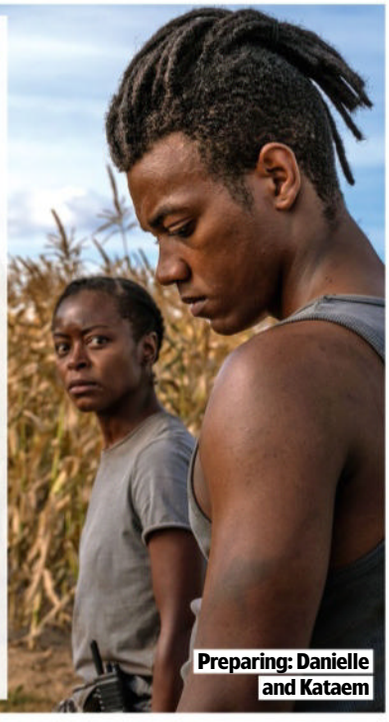
The show must go on: Gabriel (top) and the gang

ACTION THRILLER

40 Acres

Available now, MGM+ ★★★

A devastating apocalypse has left food as the ultimate resource, so farms are the most valued places on Earth. Danielle Deadwyler's black family have owned a farm for generations and her strict regime has kept her children (including Kataem O'Connor) and husband (Michael Greyeyes) safe. But then a horde of cannibals starts to ravage the nearby homesteads... Although this culminates in an all-out ferocious bloodbath, the movie takes its time to build a world that's grounded and realistic. Also helping is the fine performance by Deadwyler, who makes for a thoroughly convincing woman of action. 2024, 15, 113MIN



Preparing: Danielle and Kataem

Late night: Chloe and Sam

COMEDY

Summer of 69

Available now, Disney+ ★★★

A fun, bawdy comedy about a girl (Sam Morelos) about to turn 18, who knows nothing about sex so hires a stripper (Chloe Fineman) to teach her sexual confidence – and a particular position – in order to get the boy of her dreams (Matt Cornett). Although the subject matter is raunchy this is actually a rather sweet movie about growing up, with a fine double act in Morelos and Fineman. The first film directed by actor Jillian Bell, it plays with teen sex comedy tropes, with particular attention to the early Tom Cruise hit, *Risky Business*, but in a way that feels fresh and relevant. It helps that it's very funny, too. 2025, 15, 101MIN

Films

Culture clash: Kôki and Roth square off

PERIOD THRILLER

Tornado

Available now buy or rent from digital stores, including Prime Video and Sky Store ★★★★

Set in the Scottish Highlands of the 1790s, this unusual action thriller grabs our attention by thrusting us right into the midst of the story. A young Japanese woman is fleeing from a remorseless outlaw gang across a desolate landscape. Who is she and what do they want with her? With the aid of an extended flashback, the puzzle slowly becomes clear.

The eponymous Tornado, a feisty teenager (played by Japanese actor-musician Kôki) who helps her father (Takehiro Hira) run a travelling puppet show, has made off with gold stolen by the gang, who are led by the malevolent Sugarman (Tim Roth) and his watchful son (Jack Lowden).

A strange mix of out-of-place western and samurai films, *Tornado* doesn't entirely fulfil the promise of its arresting opening, and it isn't as successful as musician turned film-maker John Maclean's directorial debut, offbeat 2015 western *Slow West*, but although the story and characters don't come fully into focus, the film's striking setting, superb cinematography and frequently startling action make it well worth a watch. 2025, 15, 91MIN

Hidden gems Great movies you might have missed...

MYSTERY THRILLER

Hidden

Curzon ★★★★

Affluent Parisian couple Daniel Auteuil and Juliette Binoche find a series of videotapes on their doorstep, sometimes accompanied by strangely violent drawings, that seem to suggest they are being stalked. But by whom and, more importantly, why? This brilliant, but deeply unsettling thriller doesn't give up its secrets easily. It's giving nothing away to say that there is a crucial clue so cleverly buried in the final shot of the film. **Subtitled.** 2005, 15, 118MIN

MYSTERY CHILLER

Triangle

Prime Video ★★★★

The less you know about this nightmarish *Twilight Zone*-style horror thriller the more you will enjoy it. Melissa George stars as a struggling single mother whose yachting trip with a friend (Michael Dorman) and four of his pals into the Bermuda Triangle goes horribly awry when their boat capsizes and a huge, apparently deserted liner appears out of the fog. This is an eerie, complicated and twisty story, put over with **considerable style.** 2009, 15, 95MIN

COMEDY DRAMA

The Kings of Summer

Netflix ★★★★

Hilarious and charming in equal measure, this coming-of-age comedy drama combines outdoors adventure with off-the-wall humour as a trio of disaffected teenage boys (Nick Robinson, Gabriel Basso and Moises Arias) run away from home and set up a secret camp in the Ohio woods. Naturally, their idyll doesn't work out entirely as they had dreamed, not least when three girls turn up. An impressive debut for director Jordan Vogt-Roberts. 2013, 15, 95MIN

Saturday 9 August

THRILLER

No Time to Die

8.30pm, ITV1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

With fabulous action and touching drama, Daniel Craig's 007 swansong is a James Bond classic. It kicks off with two prologues, one introducing baddie Lyutsifer Safin (Rami Malek), while the other sees Bond heading to Italy with Léa Seydoux's Madeleine. Five years later, Bond is enjoying a retirement of sorts in Jamaica when old pal Felix Leiter (Jeffrey Wright) ropes him into the hunt for a rogue scientist. Then it's largely Craig doing what he does best, while M (Ralph Fiennes) and Q (Ben Whishaw) are given room to reveal additional layers and Ana de Armas makes maximum impact with limited screen time. Also on Tuesday. 2021, 12, 163MIN

End of the line: Daniel

DRAMA

Millers in Marriage

Available now, Paramount+ ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Edward Burns stars, directs and writes this elegant relationship drama that deals with the maelstrom that is marriage. It revolves around fiftysomething siblings Burns, Gretchen Mol and Julianna Margulies and their respective partners (Minnie Driver, Patrick Wilson and Campbell Scott), as well as others in their periphery, including Morena Baccarin and Benjamin Bratt. This classy ensemble may have the fab houses and sexy jobs (artist, singer, writer etc), but their travails are universal, which makes this so engrossing. 2024, 15, 117MIN

CLASSIC DRAMA

Doctor Zhivago

1pm, BBC2 (12.30pm Wales, not Northern Ireland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

David Lean's sumptuous adaptation of the Boris Pasternak novel might be pretty worthless as a history lesson of the Russian Revolution, but the cinema has seldom produced such an achingly romantic tragedy as the doomed love of Yuri Zhivago (Omar Sharif) for Lara (Julie Christie). The photography by Freddie Young and haunting Maurice Jarre musical score are just two other reasons to tune in. The film was shot in sunny Spain, so the snowy fields were achieved by covering the ground in white bed sheets. 1965, PG, 192MIN

DRAMA

Lion

10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Based on an extraordinary true story, this drama sends your mind reeling and puts your heart through the wringer. In 1986 India, a five-year-old boy falls asleep on an out-of-service train and ends up in Calcutta, almost 1,000 miles from his home with no idea of where he's from. After some harrowing scrapes, he's adopted by a saintly Australian couple (played by Nicole Kidman and David Wenham) and grows up into Dev Patel. Then the taste of an Indian sweet triggers a remarkable, needle-in-a-haystack search for his home village. 2016, PG, 118MIN

COMEDY

Ted

10pm, Comedy Central ★★★★

Sex ●●● Violence ●●● Language ●●●

A rude, irreverent and, in places, very funny spin on the buddy comedy formula. Mark Wahlberg plays a slacker whose best friend – a teddy bear – was magically brought to life by a childhood wish. Years later, Ted (voiced by writer-director Seth MacFarlane) has turned into a foul-mouthed, cynical has-been, and the pair spend their time smoking, drinking and generally goofing around. The film is uneven, but when the protagonists are on a roll it is also hilarious. 2012, 15, 106MIN

■ Full listings start on p35

Sunday 10 August

FAMILY

The BFG

2.05pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Steven Spielberg's adaptation of Roald Dahl's classic children's book goes to town with wonder, silliness and mischievous humour. But it is the tender, whimsical charm of Mark Rylance as the Big Friendly Giant that truly dazzles. He's a benevolent fellow who speaks of frobscottle, phizzwizards and the like and becomes friend and protector of orphan Sophie (Ruby Barnhill), carrying her off to giant country. The interlude in which the BFG takes Sophie dream-catching shimmers with magic, while the later scenes featuring Penelope Wilton's good-humoured Queen in a comically imagined Buckingham Palace fizz with fun. 2016, PG, 117MIN

BFFs: Ruby and Mark

FAMILY

Peter Rabbit

10.45am, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

There's nothing in the least bit twee about this update of Beatrix Potter's classic children's tale, a mix of live-action and CGI animation. With a wisecracking James Corden voicing the mischievous young rabbit, it is a boisterously funny affair. Rose Byrne plays Peter's kind-hearted friend, artist Bea, while Domhnall Gleeson is Thomas, the great-nephew of his old foe Mr McGregor (Sam Neill) and his exasperated new nemesis who endures electrocution, anaphylactic shock and sundry other accidents in questionable taste. 2018, PG, 95MIN

CLASSIC DRAMA

Casablanca

1.40pm, BBC2 (2.10pm Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Perhaps Hollywood's best loved and most (mis)quoted movie, this classic has Ingrid Bergman arriving in World War Two Casablanca with Resistance leader husband Paul Henreid and encountering her great past love, Humphrey Bogart. Though originally conceived as a vehicle for Ronald Reagan and Ann Sheridan, it's Bogart and Bergman's film, while Claude Rains, Conrad Veidt, Peter Lorre and Sydney Greenstreet are also unforgettable. The film won Oscars for Best Picture, director Michael Curtiz and the script. 1942, U, 102MIN

ANIMATION

Shaun the Sheep Movie

3pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

A scene-stealing sidekick in Nick Park's Oscar-winning Wallace & Gromit adventure *A Close Shave* and a beloved TV character, Aardman Animation's wonderful, mischievous Shaun the Sheep gets his first feature-film outing with this wonderful, barnstorming comedy. It's a riot of witty slapstick silent-movie-style gags as Shaun's antics at Soggy Bottom Farm trigger a chain of hilariously farcical events that find the sheep venturing into the big city to rescue their amnesiac farmer, who's become a trendy urban barber. 2015, U, 85MIN

BIOPIC

The Imitation Game

10pm, BBC2 (10.55pm Northern Ireland, not Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Benedict Cumberbatch was Oscar-nominated for his riveting performance as mathematician Alan Turing, the genius who cracked the Nazis' Enigma code at Bletchley Park during World War Two and paved the way for modern computing. Keira Knightley's bluestocking brainbox provides excellent support, but it is Cumberbatch's prickly, arrogant, anguished scientist who holds our attention. 2014, 12, 114MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 11 August

FAMILY ADVENTURE

IF

11.10am, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

With her mum dead and dad (director and co-writer John Krasinski) in hospital, 12-year-old Bea (Cailey Fleming) finds hope in the shape of some lost imaginary friends (IFs), all corralled by curmudgeonly Ryan Reynolds' Cal. It's corny, but blossoms into something magical, helped by colourful visuals and a starry voice cast of IFs, including Steve Carell, Phoebe Waller-Bridge, George Clooney, Brad Pitt, Emily Blunt and Blake Lively. The tender finale may even leave you with a tear in your eye. 2024, U, 104MIN

Play pals: Ryan and Cailey

MYSTERY

Eileen

7.45am & 3.25am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Thomasin McKenzie's Eileen is stuck between working at a grim detention facility and pandering to her drunken ex-cop dad (Shea Wigham), until Anne Hathaway's exotic psychologist Rebecca flutters into her life. A rash move on Rebecca's part obliges the same from Eileen, suggesting a vein of calculating criminality was beneath the meek surface... A compelling film that's taut, lean and sprung like a steel trap. 2023, 15, 98MIN

SCI-FI ACTION

65

9pm, Film4 ★★

Sex ●●● Violence ●●● Language ●●●

An alien craft crashes on Earth 65million years ago and its inhabitant (Adam Driver) races to find a way home while at the same time avoid being a snack for dinosaurs. What should have been an entertaining romp is a slog, not bad so much as by-the-numbers. Although he isn't given much to work with, Driver makes for a fine action hero, though, and the prehistoric beats are rendered with considerable skill. It's just not exciting. 2023, 12, 93MIN

THRILLER

Split

8pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

This enjoyable psychological thriller from director M Night Shyamalan supplies mystery, suspense and a meaty role for James McAvoy as a man who possesses 23 distinct personalities. One of his alter-egos snatches three teenage girls (Anya Taylor-Joy, Haley Lu Richardson and Jessica Sula) and holds them prisoner in his underground lair, where they play off his personalities against each other as they try to escape. 2016, 15, 117MIN

CLASSIC THRILLER

In the Heat of the Night

11pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Big-city cop Virgil Tibbs (Sidney Poitier) comes up against a wall of prejudice when he tries to help bigoted but canny police chief Rod Steiger solve a murder in a small Southern town. This simple whodunnit is raised far above the norm, and won five Oscars, thanks to the powerful acting and the taut, well-handled direction from Norman Jewison. 1967, 12, 108MIN

■ Full listings start on p55

Tuesday 12 August

THRILLER

Reservoir Dogs

10pm, ITV4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Devastatingly cynical and violent, writer-director Quentin Tarantino's dazzling film debut tells the story of a diamond heist gone wrong. Tim Roth bleeds profusely for most of the story and there's a justly infamous scene (to the strains of Stealers Wheel's *Stuck in the Middle with You*) at the hands of Michael Madsen. Tarantino's flair for witty dialogue ('Why can't we pick our own colours?') is well served by Steve Buscemi and Harvey Keitel and there's also standout work from Lawrence Tierney and Chris Penn. 1991, 18, 100MIN

Hue and cry: Steve and Tim

THRILLER

Nobody

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Bob Odenkirk is a jaded guy with a stultifying job who's drifting apart from his wife (Connie Nielsen) and kids. But his previous life as an assassin comes to the fore following a burglary and a simple act of retribution escalates into a full-on war with the Russian mob. Odenkirk does a remarkable job of convincing us he's the most dangerous man in town, plunging the viewer into a stream of breathless murder set-pieces. 2021, 15, 92MIN

MYSTERY COMEDY

Sherlock Holmes: A Game of Shadows

10pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Following the success of 2009's *Sherlock Holmes*, Robert Downey Jr's manic, mischievous hero returns for a sequel that is even more knockabout and irreverent than its predecessor. Holmes and Watson (Jude Law) are plunged into a quest to thwart criminal mastermind Moriarty (Jared Harris). The action has a spirited vigour and director Guy Ritchie ensures it's rollicking good fun. 2011, 12, 129MIN

COURTROOM THRILLER

Runaway Jury

9pm, Legend Xtra ★★★★

Sex ●●● Violence ●●● Language ●●●

This gripping courtroom drama, based on a John Grisham novel, follows the trial of a gun manufacturer. Gene Hackman is a scheming jury fixer ('Trials are too important to be left to juries!') and Dustin Hoffman the prosecuting attorney, while juror John Cusack and Rachel Weisz cause all sorts of problems. The stars all give charismatic turns and, as the tension mounts, this thriller cleverly reveals what's really going on. 2003, 12, 127MIN

SCI-FI

10 Cloverfield Lane

4.55am, Sky Favourites ★★★★

Sex ●●● Violence ●●● Language ●●●

After a car crash, Mary Elizabeth Winstead awakes to find herself trapped in a bunker with John Goodman. He says he's rescued her from an apocalyptic calamity that's made Earth uninhabitable, but are the real perils outside or inside..? A terrifically acted and superbly executed chiller that swings between white-knuckle scares and dark comedy. 2016, 12, 93MIN

■ Full listings start on p65

Wednesday

COMEDY

The Personal History of David Copperfield

6.40pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Fizzing with wit and energy, this highly original version of Charles Dickens' novel from writer-director Armando Iannucci is a delight. The starry cast is

Drawing a line: Peter, Dev and Hugh

THRILLER

Unhinged

7.35am, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

Caren Pistorius' unlucky driver finds herself the unwitting target of a murderous Russell Crowe after a run-in at some traffic lights. Pistorius makes the most of her thinly drawn character and Crowe oozes furious malice. Nothing about this contrived film is subtle, but director Derrick Borte certainly delivers the thrills, keeping the pedal to the metal for some truly staggering automotive mayhem as Crowe rampages across town. 2020, 15, 90MIN

FAMILY COMEDY

Cats & Dogs

3pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

In this amusing and inventive family comedy, a war is being waged between cats and dogs. Professor Jeff Goldblum is on the verge of discovering a vaccine that will eradicate human allergies to dog hair. The pussy population is unhappy, so cat leader Mr Tinkles (voiced by Sean Hayes) sets out to ruin Goldblum's plan by sabotaging the substance so it makes all humans allergic to dogs, thereby achieving feline world domination. 2001, PG, 87MIN

13 August

headed by Dev Patel as David, bubbling with charm and playful brio, and there are juicy roles, too, for Peter Capaldi as perennially optimistic Mr Micawber, Tilda Swinton as David's eccentric, donkey-hating aunt Betsey Trotwood, Hugh Laurie as affecting Mr Dick and Ben Whishaw as a superbly creepy Uriah Heep. 2019, PG, 119MIN

CRIME DRAMA

Scarface

12.20am, Film4 ★★★★★

Sex ●●○ Violence ●●● Language ●●●

Deported to the US in 1980, Cuban Tony Montana (Al Pacino) kills his way to the top of the drug trade. Written by Oliver Stone and directed by Brian De Palma, this inspired remake of the 1932 Paul Muni film gave Pacino one of the defining roles of his career. Flamboyant, extremely foul-mouthed and furiously funny, he carves out his own twisted version of the American Dream. Michelle Pfeiffer also impresses as his wife. 1983, 18, 163MIN

ACTION

Crank

1.45am, Sky Action ★★★★

Sex ●●○ Violence ●●● Language ●●○

Hit man Jason Statham has lethal poison in his system and 90 minutes to live – but only if his adrenaline keeps pumping. So hitch a ride as a frenzied Statham dashes around at breakneck speed trying to find his would-be killer. This thriller just strings its stunt-filled action scenes together and there's not much plot, but it is very intense and hugely entertaining. 2006, 18, 88MIN

■ Full listings start on **p75**

Thursday 14 August

ROMCOM

Anora

11.45pm, Sky Favourites ★★★★★

Sex ●●● Violence ●●○ Language ●●●

Lap dancer Anora (Oscar-winning Mikey Madison) impulsively weds a Russian oligarch's spoilt son, Ivan (Mark Eyldelshteyn), in Las Vegas, then his outraged family sets about getting the marriage annulled. Writer-director Sean Baker's empathetic and insightful film swings wildly between blisteringly funny farce and heartrending drama. At its heart is Madison, who manages to be naive and opportunistic, resilient and vulnerable and hilarious and touching, often in the same scene. 2024, 18, 139MIN

Whirlwind romance: Mark and Mikey

COMEDY

The Death of Stalin

2.55pm & 12.05am, Sky Cinema Comedy ★★★★

Sex ●○○ Violence ●●○ Language ●●●

Armando Iannucci, the master satirist behind *The Thick of It* and *Veep*, gives us another bunch of double-crossing politicians in this delicious black comedy. It is 1953, Soviet dictator Joseph Stalin is just about to pop his clogs and with the country's leaders, including Jason Isaacs' Marshal Zhukov, jockeying for the top spot – or simply to stay alive – the result is a hilariously savage, slapstick pantomime. 2017, 15, 106MIN

HORROR

Us

10.40pm, BBC1 (11.10pm Wales) ★★★★

Sex ●○○ Violence ●●○ Language ●●○

Years after a scary childhood incident in a fairground hall of mirrors, Lupita Nyong'o is in the area on holiday with husband Winston Duke and kids Shahadi Wright Joseph and Evan Alex. But things take a terrifying turn when a strange family armed with scissors appears... Writer-director Jordan Peele's film piles on the unsettling chills and drops in the odd note of humour, while the cast pulls out all the stops. 2019, 15, 116MIN

DRAMA

Locke

12.15am, Film4 ★★★★

Sex ●○○ Violence ●○○ Language ●●●

You wouldn't think a film in which a man simply drives from Birmingham to London could possibly be gripping, but Tom Hardy proves spellbindingly hypnotic as building-site manager Ivan Locke in this unusual drama that unfolds in real time. As he talks to unseen colleagues and loved ones on his phone (including Olivia Colman, Ruth Wilson and Andrew Scott), it becomes apparent that his life is slowly unravelling. 2013, 15, 85MIN

COMEDY HORROR

Spontaneous

1.55am, C4 ★★★★

Sex ●○○ Violence ●●● Language ●●○

A high-schooler spontaneously combusts. Then another. And another. Scientists find nothing wrong, but clean test results don't stop the mess and each teen wonders if or when they'll be next... Skilfully juggling genres and tones, this film is, among other things, a cracking romance thanks to stars Katherine Langford and Charlie Plummer. Your heart will go boom. 2020, 15, 97MIN

■ Full listings start on **p85**

Friday 15 August

SCI-FI THRILLER

Tenet

10.40pm, BBC1 (11.10pm Northern Ireland, Wales) ★★★★

Sex ○○○ Violence ●○○ Language ●○○

This complex puzzle from writer-director Christopher Nolan stars John David Washington as a US agent recruited to stop Kenneth Branagh's Russian oligarch unleashing World War Three. Elizabeth Debicki plays his estranged wife and Robert Pattinson is Washington's enigmatic partner in espionage. It's very confusing but there's much to dazzle the eye and brain ('Don't try to understand it, feel it,' Clémence Poésy's scientist says helpfully) and when Nolan finally plays the ace up his sleeve, it's terrific. 2020, 12, 150MIN

Choppy waters: Elizabeth and John

COMEDY FANTASY

Multiplicity

7.40am & 1.35am, Sky Cinema Comedy ★★★

Sex ●○○ Violence ○○○ Language ●○○

Stressed-out construction worker Doug (Michael Keaton) just can't keep up with the demands of his job and his home life with wife Andie MacDowell and kids. But a geneticist (Harris Yulin) has the ideal solution – cloning. Keaton ends up trying to hide no less than three more versions of himself in director Harold Ramis' clever romp that's full of zany performances and snappy dialogue. 1996, 12, 117MIN

ROMCOM

Bridget Jones's Diary

6.20pm, Sky Favourites ★★★★

Sex ●○○ Violence ○○○ Language ●●○

A remarkably successful attempt to bring Helen Fielding's runaway bestseller to the screen. Renée Zellweger is faultless as Bridget, haplessly searching for love, fulfilment and an acceptable waistline in modern London. Although some diehard fans of the book may raise an eyebrow at the upward mobility displayed by some of the characters, they shouldn't find much else to carp about. 2001, 15, 96MIN

HORROR

MaXXXine

2.15am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●○

An adult-movie success, circa 1985, Maxine (Mia Goth) is chasing a legit acting career. But (real-life) serial killer the Night Stalker is murdering sex workers she knows. Goth has fun in director Ti West's trilogy closer (following *X* and *Pearl*), while also relishing their roles are Michelle Monaghan, Bobby Cannavale, Kevin Bacon and Elizabeth Debicki. And if you've come for the carnage, you'll be happy. 2024, 18, 100MIN

CLASSIC DRAMA

Five Easy Pieces

5.45am, Sky Drama ★★★★★

Sex ●○○ Violence ●○○ Language ●●○

Jack Nicholson is magnificent as a caustic drifter who's turned his back on a promising career as a concert pianist and can't help but be out of tune with everyone he meets. The legendary scene in the diner, in which he tries to order an item not on the menu, is played for laughs, but the film also has a tremendous emotional power and the chilly ending is in a class by itself. 1970, 15, 98MIN

■ Full listings start on **p95**

Sport week

Yo[illegible] guide to the best of the week

THE MAIN EVENT

THE Premier League's BACK!

Cody Gakpo, Mohamed Salah and Ibrahima Konaté after winning the Premier League

Champions Liverpool kick off the action against Bournemouth

LIVE FOOTBALL

Liverpool v Bournemouth

Friday, kick-off 8pm, Sky Sports Premier League & Sky Sports Main Event

Premier League football roars back on Friday evening as champions Liverpool host Bournemouth in the opening match. The Reds romped to the title last time out, but with rivals Arsenal, Chelsea and Manchester City all boosting their squads with big names, it looks set to be one of the closest title races in years.

Here, we look at some of the new season's biggest talking points…

CAN LIVERPOOL WIN AGAIN?

The Reds equalled Manchester United's record of 20 league wins by cruising to the title by 10 points. Arne Slot's side will surely be contenders again after spending big bucks in the summer to bring in French striker Hugo Ekitike, Dutch international Jeremie Frimpong and German sensation Florian Wirtz for a potential British record fee. Emotions will be high on Friday as Anfield mourns the tragic loss of Diogo Jota, who will be remembered with a minute's silence and a fan mosaic before the Bournemouth match, while Liverpool have retired his number 20 shirt in tribute.

BLUES' NEW HOME

After saying goodbye to Goodison Park, their home for 133 years, Everton fans will be hoping that the Toffees' fortunes will be revived by a move into the stunning Hill Dickinson Stadium. The waterfront stadium was built at a cost of £750 million and has a capacity of almost 53,000 – just 13,000 more than Goodison.

Hill Dickinson Stadium

PROMOTION CHALLENGE

For the last two seasons, all three promoted teams have made an immediate return to the Championship – a fact that doesn't augur well for the fate of Leeds United, Burnley and Sunderland. The Black Cats are back in the top flight after eight years – can new signing Granit Xhaka help them break the cycle?

Sunderland signing Granit Xhaka

MORE MISERY FOR MANCHESTER?

Both Manchester clubs had disappointing seasons, as defending champions City failed to win a major trophy for the first time since 2017 and United finished 15th – their lowest league position in 50 years. United boss Ruben Amorim will be pinning his hopes on new boys Matheus Cunha, recruited from Wolves, and Bryan Mbeumo, signed from Brentford – while City have brought James Trafford back to the Etihad from Burnley for a British record fee for a goalkeeper.

Ruben Amorim

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

Arsenal's Declan Rice (above) and Chelsea's Liam Delap

LONDON CALLING

Fresh from being crowned Club World Champions, Chelsea will be out to improve on last season's fourth place and have refreshed their frontline by signing Liam Delap and João Pedro. Meanwhile, Declan Rice's Arsenal – last year's runners-up – will hope that new recruits Martin Zubimendi and Viktor Gyökeres are the missing pieces in the jigsaw. Can a London side claim the title for the first time since 2017?

HOW TO WATCH

There'll be more live games than ever before with Sky Sports broadcasting at least 215 matches (up from 128), including coverage of three midweek match rounds, plus, for the first time, all 10 games on the last day of the season. Meanwhile, TNT Sports will screen 52 matches (the same as last season) with Prime Video losing their rights to the Premier League in the deal.

MANAGER SWAPS

Tottenham Hotspur lifted the Europa League in May to end a 17-year trophy drought, but their dismal domestic campaign – losing 22 of 38 games – meant Ange Postecoglou got the chop. New boss Thomas Frank has spent big on West Ham midfielder Mohammed Kudus, while his old club Brentford have given Keith Andrews his first managerial position.

Spurs boss Thomas Frank

Paris Saint-Germain's Ousmane Dembélé

LIVE FOOTBALL

UEFA Super Cup

Wednesday, kick-off 8pm, TNT Sports 1

Paris Saint-Germain dispatched Liverpool, Aston Villa and Arsenal on their way to winning a maiden European Cup in May, and the French outfit now face another Premier League side in the 50th edition of the Super Cup. The Champions League winners, featuring star players Ousmane Dembélé and Khvicha Kvaratskhelia, face Europa League champions Tottenham Hotspur at the 25,000-capacity Stadio Friuli, home to Serie A side Udinese, where Thomas Frank's Spurs will be aiming to become the seventh English club to lift the trophy and PSG the first French club. Luis Enrique's side lost to Chelsea in the final of the Club World Cup last month – can Spurs pull off another shock result?

Tottenham's Son Heung-Min lifts the Europa League trophy

Jean-Philippe Mateta of Crystal Palace

LIVE FOOTBALL

FA Community Shield

Sunday, kick-off 3pm, TNT Sports 1

Wembley Stadium's curtain-raiser to the new season pits league champions Liverpool against Oliver Glasner's FA Cup-winning Crystal Palace, who are making a first appearance in the fixture. The Eagles beat Manchester City in May, thanks to a sublime strike from Eberechi Eze, and have marked the history-making victory by unveiling a new gold away kit which they may debut on Sunday. Liverpool's Mohamed Salah scored a late equaliser at Anfield as the teams met on the last day of last season to clinch the Golden Boot with 29 goals.

Welsh Fire's Alex Griffiths

LIVE CRICKET

The Hundred

From Sat, BBC2, Sky Sports Cricket, Sky Sports Main Event, Sky Sports Mix & Sky Showcase

This week's fixtures include Welsh Fire's first home match in Cardiff as the men's and women's teams take on London Spirit on Saturday. This year, Fire are fielding just two homegrown players, with Glamorgan all-rounder Ben Kellaway – who can bowl with either arm – starring as a wildcard in the men's side, while Somerset all-rounder Alex Griffiths – also a wildcard – is the sole Welsh woman in Tammy Beaumont's squad.

Kate Waugh

LIVE TRIATHLON

Triathlon: T100

Saturday, TNT Sports 2

Having won the opening event of the season in Singapore in April, Britain's Kate Waugh goes for victory on home soil (and water) as the fourth event of the 2025 T100 Triathlon World Tour takes place at Royal Victoria Docks in London. Waugh sits third in the women's standings and heads a strong British contingent, featuring Jessica Learmonth and Lucy Byram in the event that features a 2km swim, 80km bike ride and 18km run.

Sport A-Z and football planner »»

HOW TO STREAM TV

Everything you need to know about all the channels available to stream...

FREE TO WATCH

BBC iPlayer

A free video-on-demand service from the BBC, featuring BBC dramas including *Luther*, *Doctor Who* and *Line of Duty*, as well as hits including *The Responder* and *This City Is Ours*. There are many comedies, too, from *Not Going Out* to *Ghosts* and *Mrs. Brown's Boys*, plus all episodes of *The Traitors* and *Race Across the World*. You can also watch BBC channels live. It's available online and on devices including mobile phones, tablets and smart TVs.

ITVX

This free streaming channel is the home for all ITV shows, films and much more – from drama box sets such as *Trigger Point* to *Love Island* episodes and James Bond movies. It can be accessed on smart TVs and an app to download. You can upgrade to ITVX Premium for an extra fee for even more content and ad-free viewing.

Channel 4 Streaming

A free streaming channel for all C4 content, this is home to shows from *Location, Location, Location* to *Celebrity Gogglebox*, plus a huge selection of true-crime series and documentaries, including *24 Hours in A&E*, as well as box-set comedies such as *Friday Night Dinner*, *Peep Show* and *Derry Girls*. You can access online via channel4.com, your smart TV or an app download. An upgrade to Channel 4+ for an extra fee also gives you more shows, early access and ad-free viewing.

5 Streaming

A free video-on-demand service from 5 that features bingeable box sets of American shows such as *Dexter* and *The Good Wife*, plus top British dramas including *All Creatures Great & Small*. There's also a huge selection of police documentaries, from *Traffic Cops* to *Police Interceptors*, plus kids' shows from *Peppa Pig* to *Paw Patrol*. The service is available on smart TVs, through channel5.com and as an app download.

U

The free streaming service offers drama, comedy and entertainment, from recent shows like *The Marlow Murder Club* and *Bergerac* to classic series such as *Pride and Prejudice*. There are also US box sets including *Mad Men*, plus lots of true-crime documentaries and favourites such as *Canal Boat Diaries*. It can be accessed via an app and on smart TVs.

SUBSCRIPTION SERVICES

Netflix

This paid-for streaming channel features plenty of original content, with shows from *The Four Seasons* and *Toxic Town* to *Con Mum* and *The Real Fatal Attraction*. There is also a host of new and classic films such as *Grease* and *Mean Girls*, plus it's the home of all seasons of *Friends*. You can access Netflix via smart TVs, the website and an app to download.

Prime Video

The paid-for subscription channel features plenty of original TV shows like *Clarkson's Farm* and *Nine Perfect Strangers*. There are also comedy shows such as *Last One Laughing*, plus plenty of newly released films available to stream, buy or rent including BAFTA-winner *Conclave*. Prime Video can be accessed on TVs, mobiles, tablets and more.

Disney+

The home of most Disney content is a paid-for streaming channel that has classic movies such as *Mary Poppins* and *Dumbo*, recent films including *A Complete Unknown*, top dramas like *A Thousand Blows*, plus a large selection of National Geographic documentaries such as *Ocean* with Sir David Attenborough. There's every Star Wars film and spin-off series such as *Andor*, plus the Muppets' catalogue of films and shows. It's available on smart TVs, an app download and online.

Apple TV+

There's a selection of high-quality, exclusive, original-production films and TV series called Apple Originals. Content includes top dramas *Slow Horses*, *Smoke* and *Severance*, comedies like *Ted Lasso* and *Bad Sisters*, plus films *Napoleon* and *Blitz*. This paid-for streaming channel is available on smart TVs and the Apple TV app.

Paramount+

This is the home to blockbuster Paramount movies, new originals and hit shows, primarily from the libraries of American TV station CBS, with TV series including *Yellowstone* and *Star Trek: Discovery*. There's also a huge selection of Smithsonian documentaries, MTV series and Nickelodeon shows including *SpongeBob SquarePants*. The paid-for streaming service is available on desktop, smart TVs and an app, and is also available free for Sky Cinema subscribers.

Discovery+

This is a paid-for streaming service that focuses on factual programming and original series. There's a library of real-life entertainment with eye-opening docuseries such as *Celebrity Help! My House Is Haunted*. It's also home to sports via the TNT Sports channels, including cricket, football, French Open tennis and Premiership rugby union. The service is available via the app and smart TVs. The basic version (without sport) is also included at no extra cost on Sky.

Sky Store

This paid-for streaming service is home to the latest blockbuster movies straight from the cinema, either to buy or rent, as well as TV shows to buy and keep including *The White Lotus* and *The Last of Us*. It's independent from Sky's TV service, meaning a Sky TV subscription isn't required, but you must create an account to access products and services.

MGM+

This is a paid-for streaming service that features a variety of content including titles from Lionsgate and US channel Starz as well as original MGM+ series. Shows and films include *Godfather of Harlem* and *Legally Blonde*, plus all the James Bond movies. Subscribe to MGM+ via Prime Video for a monthly fee.

Acorn TV

Many favourite dramas, murder mysteries and comedies from around the world appear here first. Current hit series include *Whitstable Pearl*, *Harry Wild*, *Darby and Joan*, *Signora Volpe* and *Recipes for Love & Murder*. The paid-for streaming service is available on smart TVs and via a mobile app.

NOW

There is a host of Sky TV shows and box sets to watch on this paid-for streaming service including *The Day of the Jackal*, *Brassic*, *Gangs of London* and *The White Lotus*. A choice of plans means you can also stream Sky Sports to enjoy Formula One and events such as the British & Irish Lions rugby series, and even watch the latest movies and Sky Original films. It's available to stream via your smart TV.

DAZN

This paid-for steaming sports service features boxing, NFL, kick-boxing, LIV Golf and women's football, as well as the FIFA Club World Cup. It broadcasts both live and on-demand. You can access it via its mobile app and on smart TVs. It's also available as a Prime Video channel at an additional subscription cost.

WORDS: NICK CANNON, HANNAH DAVIES. PHOTO: ADOBE STOCK

Sport week A-Z GUIDE

Snooker
Judd Trump claimed the inaugural Saudi Masters title in 2024

AUSTRALIAN RULES

LIVE Brisbane Lions v Sydney Swans
Sat 7am TNT Sports 1

LIVE GWS Giants v North Melbourne Kangaroos
Sat 4.30am TNT Sports 3

LIVE Melbourne Demons v Western Bulldogs
Sun 6am TNT Sports 1

LIVE West Coast Eagles v Adelaide Crows
Sun 8am TNT Sports 3

LIVE Carlton Blues Women v Collingwood Magpies Women
Thu 10.15am TNT Sports 1

LIVE West Coast Eagles Women v Gold Coast Suns Women
Thu 12.15pm TNT Sports 1

LIVE Sydney Swans Women v Richmond Tigers Women
Fri 9.15am TNT Sports 1

LIVE Essendon Bombers v St Kilda Saints
Fri 10am TNT Sports 4

LIVE Gold Coast Suns v GWS Giants
Fri 3.30am TNT Sports 2

LIVE Carlton Blues v Port Adelaide Power
Fri 4am TNT Sports 1

BASEBALL

LIVE San Francisco Giants v Washington Nationals
Sat 9pm TNT Sports 2 (first pitch 9.05pm)

LIVE St. Louis Cardinals v Chicago Cubs
Sat 12m't TNT Sports 3

LIVE Milwaukee Brewers v New York Mets
Sun 7pm TNT Sports 2

LIVE Los Angeles Dodgers v Toronto Blue Jays
Sun 9pm TNT Sports 4

LIVE Major League Baseball
Sun 12m't TNT Sports 1

LIVE Houston Astros v Boston Red Sox
Mon 1am TNT Sports 1

LIVE Major League Baseball
Tue 12m't TNT Sports 1

LIVE San Francisco Giants v San Diego Padres
Wed 8.30pm TNT Sports 2 (first pitch 8.45pm).

LIVE New York Mets v Atlanta Braves
Wed 12m't TNT Sports 1

LIVE Baltimore Orioles v Seattle Mariners
Thu 6pm TNT Sports 1

LIVE Toronto Blue Jays v Chicago Cubs
Thu 8pm TNT Sports 2

LIVE Chicago Cubs v Pittsburgh Pirates
Fri 7pm TNT Sports 1

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 10pm TNT Sports 1

LIVE Roman Dolidze v Anthony Hernandez
Sat 12m't TNT Sports 1
The bout at UFC Apex in Nevada.

CRICKET

LIVE Oval Invincibles Women v Manchester Originals Women
Sat 10.45am Sky Sports Cricket & Sky Showcase
The Hundred match at The Oval.

LIVE Oval Invincibles Men v Manchester Originals Men
Sat 2pm Sky Sports Cricket & 2.45pm Sky Sports Main Event
The Hundred match at The Oval.

LIVE Welsh Fire Women v London Spirit Women
Sat 2.25pm Sky Sports Mix
The Hundred game staged at Sophia Gardens. See p29.

LIVE Welsh Fire Men v London Spirit Men
Sat 5.30pm Sky Sports Cricket & 5.45pm BBC2
The Hundred match held at Sophia Gardens. See p29.

LIVE Australia v South Africa
Sun 10am TNT Sports 1
The first T20 in the three-match series at Marrara Oval.

LIVE Southern Brave Women v Birmingham Phoenix Women
Sun 10.45am Sky Sports Cricket
The Hundred game at The Rose Bowl.

LIVE Southern Brave Men v Birmingham Phoenix Men
Sun 2pm Sky Sports Cricket & Sky Showcase
The Hundred match The Rose Bowl.

LIVE Trent Rockets Women v Northern Superchargers Women
Sun 2.25pm Sky Sports Mix
The Gundred game at Trent Bridge.

LIVE West Indies v Pakistan
Sun 4.01pm TNT Sports 3
The second ODI in the three-match series in Tarouba, Trinidad and Tobago.

LIVE Trent Rockets Men v Northern Superchargers Men
Sun 5.30pm Sky Sports Cricket & 7pm Sky Sports Main Event
The Hundred game at Trent Bridge.

LIVE Zimbabwe v New Zealand
Mon 8.30am TNT Sports 2
The second Test in Bulawayo.

LIVE Manchester Originals Women v London Spirit Women
Mon 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event
The Hundred game at Old Trafford.

LIVE Manchester Originals Men v London Spirit Men
Mon 6pm Sky Sports Main Event & Sky Sports Cricket
The Hundred match at Old Trafford.

LIVE Australia v South Africa
Tue 10am TNT Sports 1
The second T20 in the three-match series from TIO Stadium in Darwin.

LIVE West Indies v Pakistan
Tue 2.15pm TNT Sports 1
The third and final ODI in the series in Tarouba, Trinidad and Tobago.

LIVE Birmingham Phoenix Women v Oval Invincibles Women
Tue 2.45pm BBC2 & Sky Sports Cricket, 3pm Sky Sports Main Event
The Hundred game Edgbaston.

LIVE Birmingham Phoenix Men v Oval Invincibles Men
Tue 6pm BBC2 & Sky Sports Cricket
The Hundred fixture at Edgbaston.

LIVE Southern Brave Women v Northern Superchargers Women
Wed 11.15am Sky Sports Cricket & 11.30am Sky Sports Main Event
The Hundred game at The Rose Bowl.

LIVE Southern Brave Men v Northern Superchargers Men
Wed 2.30pm Sky Sports Main Event & Sky Sports Cricket
The Hundred game at The Rose Bowl.

LIVE Welsh Fire Women v Manchester Originals Women
Wed 2.55pm Sky Sports Mix & 3pm Sky Sports +
A Hundred game at Sophia Gardens.

LIVE Welsh Fire Men v Manchester Originals Men
Wed 6pm Sky Sports Cricket
A Hundred game at Sophia Gardens.

LIVE London Spirit Women v Trent Rockets Women
Thu 2.45pm Sky Sports Main Event & Sky Sports Cricket
The Hundred match at Lord's.

LIVE London Spirit Men v Trent Rockets Men
Thu 6pm Sky Sports Main Event & Sky Sports Cricket

LIVE Northern Superchargers Women v Birmingham Phoenix Women
Fri 2.45pm Sky Sports Main Event & Sky Sports Cricket
The Hundred match at Headingley.

LIVE Northern Superchargers Men v Birmingham Phoenix Men
Fri 6pm Sky Sports Cricket

CYCLING

LIVE Men's Tour of Poland
Sat 11.30am TNT Sports 1 & Sun 12.15pm TNT Sports 2
Stages six and seven of the race.

LIVE Men's Arctic Race of Norway
Sun 3.45pm TNT Sports 2
The fourth stage of the race.

LIVE Women's Tour of Poland
Tue–Thu 1pm TNT Sports 4
Stages one to three of the race.

LIVE Men's Tour of Denmark
Tue 2.15pm & Wed 2.45pm TNT Sports 2, Thu & Fri 2.45pm TNT Sports 1
Stages one to four of the race.

LIVE Men's Tour of Czech Republic
Thu 1.30pm TNT Sports 2 & Fri 1.30pm TNT Sports 4
Stages one and two of the race.

LIVE Women's Tour of Romandie
Fri 12noon TNT Sports 1
The first stage of the race.

GENERAL SPORTS

LIVE Newtonmore v Oban Camanachd
Sat 4pm BBC Alba (throw-up 4.05pm) Shinty.

GOLF

LIVE Scottish Championship
Sat 12.30pm & Sun 11.30am Sky Sports Golf
Days three and four at Trump International Golf Links in Aberdeen.

LIVE London Championship
Sat 5pm & Sun 4.30pm Sky Sports Golf; Sun 2pm Sky Sports +
Days two and three staged at The Centurion Club in St Albans.

LIVE St Jude Championship
Sat & Sun 6pm Sky Sports Golf; Sat 8pm & Sun 9pm Sky Sports Main Event
Days three and four at TPC Southwind in Memphis, Tennessee.

LIVE Danish Championship
Thu & Fri 12noon Sky Sports Main Event, Sky Sports Golf & Sky Sports +
Days one and two which are staged at Furesø Golf Klub in Copenhagen.

LIVE The BMW Championship
Thu & Fri 2.15pm Sky Sports +; Thu & Fri 5pm Sky Sports Golf & Thu 9.30pm Sky Sports Main Event
Days one and two staged at Caves Valley Golf Club in Maryland.

LIVE The Portland Classic
Thu & Fri 4pm Sky Sports Mix
Days one and two at Columbia Edgewater Country Club in Oregon.

HORSE RACING

LIVE Ascot, Newmarket and Haydock Park
Sat 1pm ITV1

LIVE Sunday Series
Sun 3.30pm ITV4

LIVE Racing League
Thu 4.45pm ITV4

MOTORCYCLING

LIVE British Superbikes
Sat 12.30pm & Sun 1pm TNT Sports 4; Sun 1pm Quest
The sixth round at Thruxton.

LIVE Sheffield Tigers v Belle Vue Aces
Mon 7pm TNT Sports 1
British Speedway in Sheffield.

LIVE Swedish Speedway
Tue 5.55pm Premier Sports 1

LIVE MotoGP
Fri 8am & 12.15pm TNT Sports 2
Grand Prix of Austria practices.

MOTORSPORT

LIVE V8 Supercars
Sat 7am & Sun 6am TNT Sports 2
The Ipswich Super 440.

LIVE Indycar
Sat 5pm, 7.30pm & 1.30am, Sun 8pm Sky Sports F1
The Grand Prix of Portland.

LIVE Indy NXT
Sun 6pm Sky Sports F1
The Grand Prix of Portland.

LIVE NASCAR
Sun 6.30pm Premier Sports 1
The Go Bowling at The Glen.

LIVE MotoE
Fri 4pm TNT Sports 2
Grand Prix of Austria qualifying.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 4

RUGBY LEAGUE

LIVE Newcastle Knights v Wests Tigers
Sat 6am Sky Sports Mix (kick-off 6.15am) NRLW.

LIVE Canterbury-Bankstown Bulldogs v New Zealand Warriors
Sat 8.30am Sky Sports Mix (kick-off 8.15am) NRLW.

Sport A-Z and football planner >>>

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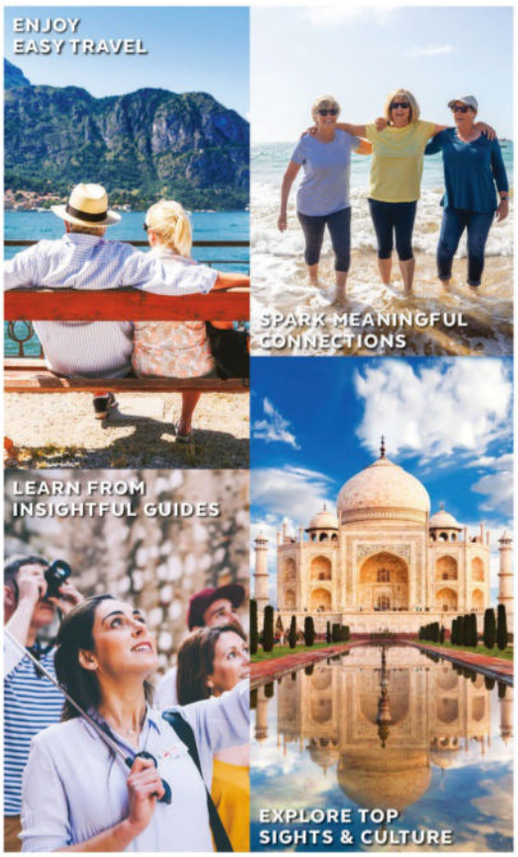

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Holiday Departure Months: 2025 2026

J	F	M	A	M	J	J	A	S	O	N	D
J	F	M	A	M	J	J	A	S	O	N	D

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- A half day excursion to the Three Cities with a boat trip through the harbour creeks
- A full day excursion to the Island of Gozo

Holiday Departure Months: 2025 2026

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- A full day excursion to Verona

Holiday Departure Months: 2025 2026

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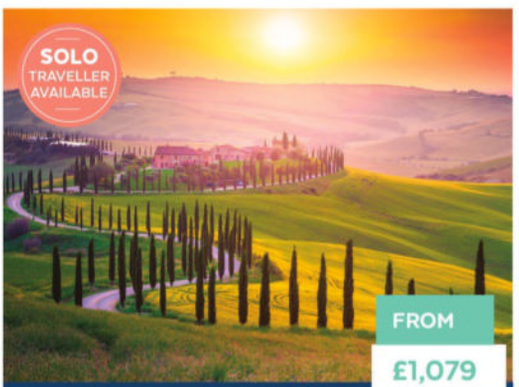

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Holiday Departure Months: 2025 2026

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J	F	M	A	M	J	J	A	S	O	N	D

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Football planner

LIVE Dolphins v Sydney Roosters
Sat 8.35am Sky Sports Action & Sky Sports+
The NRL match in Brisbane.

LIVE Canterbury-Bankstown Bulldogs v New Zealand Warriors
Sat 10.35am Sky Sports Action & Sky Sports Mix (Kick-off 10.35am). NRL.

LIVE Gold Coast Titans v Sydney Roosters
Sat 2.50am Sky Sports Mix (kick-off 2.50am) NRLW.

LIVE Canberra Raiders v Brisbane Broncos
Sat 4.45am Sky Sports Mix (kick-off 4.45am) NRLW.

LIVE Parramatta Eels v North Queensland Cowboys
Sun 9.15am Sky Sports Mix (kick-off 9.15am) NRLW.

LIVE Penrith Panthers v Melbourne Storm
Thu 10.50am Sky Sports Action & Sky Sports Mix (kick-off 10.50am) NRL.

LIVE Sydney Roosters v Canterbury Bulldogs
Fri 11am Sky Sports Action (kick-off 11am) NRL.

LIVE Wigan Warriors v Hull Kingston Rovers
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm) Super League at The Brick Community Stadium.

LIVE Cronulla-Sutherland Sharks v Gold Coast Titans
Fri 3.45am Sky Sports Mix (kick-off 3.45am) NRLW.

RUGBY UNION

LIVE Ireland v Canada
Sat 11.50am BBC2 (N Ireland only) (kick-off 12pm) The World Cup warm-up match at Affidea Stadium.

LIVE Sharks v Free State Cheetahs
Sat 4.05pm Sky Sports Action (kick-off 4.10pm) Currie Cup.

LIVE Southland v Manawatu
Fri 8.05am Sky Sports Mix (kick-off 8.10am) The NPC game.

SNOOKER

LIVE Saudi Masters
Sat, Mon-Fri 12noon & 6pm TNT Sports 3; Sun 12noon TNT Sports 3 & 6pm TNT Sports 1; Mon & Wed 12noon TNT Sports 1
Days two to eight of the event at Green Halls in Jeddah, Saudi Arabia.

TENNIS

LIVE Cincinnati Open
Sat-Wed & Fri 4pm, Thu 4pm & 12m't Sky Sports Tennis; Sat 5pm, Sun 6pm, Mon 4pm, Tue 4pm & 10.45pm, Wed 10.45pm & Thu 8pm Sky Sports +; Sat & Sun 11pm, Mon 9.30pm, Tue & Wed 10.45pm, Thu 12m't & Fri 11pm Sky Sports Main Event
Days three to nine of the joint ATP and WTA event at Lindner Family Tennis Center in Mason, Ohio.

TRIATHLON

LIVE T100 World Tour
Sat 11.45am TNT Sports 2
Day one of the fifth round at Royal Victoria Docks, London. See p29.

Saturday 9

LIVE Southampton v Wrexham
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship match staged at St Mary's Stadium, where the two sides play their first game of the season. The hosts had a dismal campaign last year in the Premier League and were relegated after one season in the top flight. Wrexham had a more exciting season as they were promoted for the third successive time.

LIVE Coventry City v Hull City
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship match at Coventry Building Society Arena. The Sky Blues reached the play-offs last season, suffered a heartbreaking loss by conceding with the last attack in extra-time of the second leg against Sunderland. The Tigers were fortunate to avoid relegation on the final day of last season by virtue of a superior goal difference to Luton Town, but after a summer of turmoil, another season of struggle looks likely.

LIVE Leeds United v AC Milan
2.30pm Premier Sports 1 (kick-off 3pm)
The friendly match between the English and Italian teams which is staged at Aviva Stadium in Dublin.

LIVE West Bromwich Albion v Blackburn Rovers
2.50pm Sky Sports+ (kick-off 3pm)
The Championship fixture at The Hawthorns. Blackburn claimed a comfortable 2-0 victory in the corresponding match last term.

LIVE Wolverhampton Wanderers v Celta Vigo
2.55pm Premier Sports 2 (kick-off 3pm)
The friendly between the English and Spanish sides at Molineux.

LIVE Sheffield United v Bristol City
5pm Sky Sports Football & 5.15pm Sky Sports Main Event (kick-off 5.30pm)
The Championship tie at Bramall Lane. The hosts will be looking to bounce back from last season's play-off final defeat to Sunderland, as they face a Bristol City side who they beat 6-0 in the play-off semi-finals back in May to set up the showpiece event at Wembley.

LIVE Gotham FC v Washington Spirit
5pm TNT Sports 1 (kick-off 5pm)
The NWSL game at Sports Illustrated Stadium in Harrison, New Jersey.

LIVE Rangers v Dundee
5.15pm Premier Sports 1 (kick-off 5.45pm)
The Scottish Premiership match which is staged at Ibrox in Glasgow. Rangers finished a massive 17 points behind bitter rivals Celtic, while Dundee finished in the lower half of the table, ahead only of Ross County and St Johnstone, who were relegated to the Championship.

LIVE CHAMPIONSHIP

Southampton v Wrexham

Sat, k-o 12.30pm, Sky Sports Football & Sky Sports Main Event

The next chapter in Wrexham's remarkable rise begins at Southampton as the Welsh outfit begin their first campaign in the second tier for 43 years. Coach Phil Parkinson has bolstered his squad by bringing in Wales keeper Danny Ward.

LIVE EFL CUP

Bromley v Ipswich Town

Tuesday, k-o 8pm, Sky Sports Football & Sky Sports Main Event

League Two Bromley have yet to win an EFL Cup tie, but will be out to change that in this first-round clash with Kieran McKenna's Championship team, who have drafted in former England international Ashley Young, now aged 40.

LIVE EFL CUP

Birmingham City v Sheffield United

Wed, k-o 8pm, ITV4, Sky Sports Football & Sky Sports Main Event

There's more first-round EFL Cup action as the Championship rivals battle it out at St Andrew's. The Blades' new manager is former Hull City boss Rubén Sellés, who has signed his former player Louie Barry on a season-long loan deal.

Sunday 10

LIVE Aberdeen v Celtic
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Scottish Premiership match at Pittodrie. These two sides last met in the Scottish Cup final back in May, a game that ended in a victory for Aberdeen as they beat their visitors 4-3 on penalties after the game ended 1-1. That result ended a four-game winning streak for Celtic against their hosts that stretched back to October 2024.

LIVE Crystal Palace v Liverpool
2pm TNT Sports 1 (kick-off 3pm)
The FA Community Shield match at Wembley Stadium. Liverpool will come into this game as favourites having won the Premier League last season in Arne Slot's first campaign in charge after taking over from Jürgen Klopp. However, Crystal Palace will be looking to win more silverware at this venue after their 1-0 FA Cup final victory over Manchester City in May. See p29.

LIVE Chelsea v AC Milan
2.30pm 5 (kick-off 3pm)
The pre-season friendly at Stamford Bridge. The teams last met in the group stage of the 2022/23 Champions League, when the Blues won 3-0 here and 2-0 at the San Siro. They will go into this contest on a high after winning the Club World Cup and will be looking for a good display seven days before their Premier League campaign begins.

LIVE Leicester City v Sheffield Wednesday
3.30pm Sky Sports Main Event & Sky Sports Football (kick-off 4.30pm)
The Championship match at King Power Stadium. The hosts are back in the second tier after a miserable season in the Premier League last year. However, they will still be favourites against a Wednesday side whose pre-season was marred by financial difficulties and the departure of manager Danny Rohl.

LIVE Colwyn Bay v Connah's Quay Nomads
4.45pm S4C (kick-off 5pm)
The Welsh Premier League match which is held at Blue Turtle Arena.

Tuesday 12

LIVE Bromley v Ipswich Town
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The EFL Cup southern section first-round match at Hayes Lane, as the Championship side travel to the League Two club. The visitors have never won this cup before and will be hoping to avoid a potential upset in this game. However, Bromley did exit this competition at the first time of asking last year, when they lost to another League Two side in AFC Wimbledon.

LIVE West Bromwich Albion v Derby County
7.40pm Sky Sports+ (kick-off 7.45pm)
The EFL Cup northern section first-round match at The Hawthorns. The Baggies will be looking to improve upon last season when they exited at this stage to Fleetwood Town, following a 2-1 loss at Highbury Stadium. The Rams were also eliminated in the first round, losing a penalty shootout to Barrow after the match ended in a 0-0 draw.

Wednesday 13

LIVE Birmingham City v Sheffield United
7pm Sky Sports Main Event & Sky Sports Football, & 7.30pm ITV4 (kick-off 8pm)
The EFL Cup northern section first-round match which is staged at St Andrew's. The last time these teams faced each other in this particular competition was in the 2006/07 season, when DJ Campbell, Nicklas Bendtner, Cameron Jerome and Sebastian Larsson were on the scoresheet in a 4-2 away win for Birmingham.

LIVE Paris Saint-Germain v Tottenham Hotspur
7pm TNT Sports 1 (kick-off 8pm)
The UEFA Super Cup match at the Stadio Friuli in Udine, Italy. PSG won last season's Champions League thanks to a 5-0 hammering of Inter Milan in the final, while Tottenham beat Manchester United 1-0 in the Europa League final to set up this match. Spurs will be under new management in this game having appointed former Brentford boss Thomas Frank as head coach in the summer. See p29.

LIVE Huddersfield Town v Leicester City
7.40pm Sky Sports+ (kick-off 7.45pm)
The EFL Cup northern section first-round match at Accu Stadium. Both of these teams successfully navigated their way through the first round last season and even shared a same opponent, with the Terriers losing 3-2 to Walsall in the second round, whom the Foxes then defeated in the third round via a penalties, before going on to lose to Manchester United in round four.

Friday 15

LIVE Girona v Rayo Vallecano
5.55pm Premier Sports 1 (kick-off 6pm)
The LaLiga fixture at Estadi Montilivi. The home side finished only just above the relegation zone last season, while their opponents secure a credible eight-place finsih.

LIVE Liverpool v Bournemouth
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
The opening match of the 2025/26 Premier League season at Anfield. Liverpool are the reigning champions and have further strengthened their squad with the likes of Florian Wirtz, Hugo Ekitike, and Milos Kerkez, who was signed from today's opponents. The Cherries also impressed last term, ending the campaign in ninth place – a joint record high for them in the Premier League. See p28.

LIVE Villarreal v Real Oviedo
8.25pm Premier Sports 1 (kick-off 8.30pm)
The LaLiga fixture which is staged at Estadio de la Ceramica. Real Oviedo are playing in the Spanish top flight for the first time in 24 years. However, they will face a tough test against former Europa League winners Villarreal, who finished fifth last season –only behind Athletic Club and the powerhouse clubs Barcelona, Real Madrid and Atletico Madrid.

LIVE Washington Spirit v Racing Louisville FC
1am TNT Sports 1 (kick-off 1am)
The NWSL match which is staged at Audi Field in Washington D.C.

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Wednesday
NEW
THE PICKUP
Eddie Murphy's action-packed heist comedy
NEW
THE COUNT OF MONTE CRISTO
Sam Claflin on playing the classic French hero
NEW
MAYFAIR WITCHES
Return to New Orleans for the supernatural fantasy
NEW
THE GONE
The Irish detective is back in New Zealand
NEW
DESTINATION X
The next Race Across the World!
Jason Momoa is a warrior hero fighting to save his island peop
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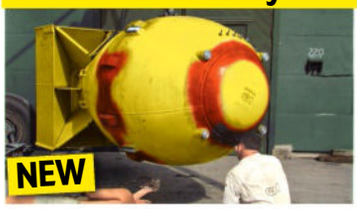
Saturday

9 August

Evening Planner

Documentary



The Manhattan Project in Colour

C4, 8pm

Colourised footage tells the story of how the scientists created the atomic bomb.

Drama

Beck

BBC4, 9pm

The past trauma of Vilhelm (Valter Skarsgård, left) is ignited when he's first on the scene of an execution-style killing.

OnDemand

MGM+

Outlander: Blood of My Blood

Available today

This prequel reveals how the parents of Jamie Fraser and Claire Beauchamp met.

OnDemand

NOW

Becoming Led Zeppelin

Available today

The career path of the rock band formed by guitarist Jimmy Page after the collapse of the Yardbirds in 1968.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Michael...	7.30 Pointless Celebrities	8.20 Casualty		9.10 Annika		10.00 News	10.20 Film: Die Hard with a...
	102 BBC2	‹ 5.45 The Hundred – Live: Welsh Fire Men v London Spirit Men (Start-time 6.00)				9.10 Cleo Laine at the BBC		10.10 Aretha Franklin at the BBC	
	103 ITV1	‹ 6.30 Chase...	7.25 The 1% Club	8.30 Film: No Time to Die					
	104 CHANNEL 4	‹ 6.30 Our Farm...	7.30 News	8.00 The Manhattan Project in Colour		9.00 Griff's Great American South		10.00 Film: Lion	
	105 5		7.05 Secrets of the Royal Palaces	8.00 The Ritz: The World's Most Famous...		9.00 Prince Harry: My Terrible Year			10.30 When...
	106 SKY SHOWCASE	‹ 5.30 Premier...	7.30 The Simpsons	8.00 An Idiot Abroad		9.00 Film: Star Trek Into Darkness			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Gavin & Stacey		10.00 Two Pints of Lager and a Packet of...	
	116 BBC4		7.10 Miss Marple: Sleeping Murder			9.00 Beck			10.30 Muhammad...
	118 ITV2		7.20 Film: Batman v Superman: Dawn of Justice			9.00 Film: Pitch Perfect			
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 The White Lotus		10.10 The Gilded Age	
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.15 Mrs Brown's Boys	9.55 Men Behaving Badly	
	111 U&DAVE	7.00 This Time with Alan Partridge				9.00 I'm Alan Partridge			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 5.00 World Series of Darts: Australian Masters				9.00 English Football League Highlights			10.30 Film: Rocky V
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Russell Howard: Live at the London...		10.00 Film: Ted	
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	7.00 The Walking Dead		8.00 An Idiot Abroad		9.00 A League of Their Own: The Rally		10.00 Strike Back: Vendetta	
	109 U&ALIBI	7.00 Maisie Raine		8.00 Father Brown		9.00 Death in Paradise		10.00 My Life Is Murder	
	124 SKY ARTS	‹ 6.50 Elvis Presley: Aloha from Hawaii			8.30 Elvis Presley: The Searcher				
	132 U&W	7.00 Ski A&E				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	‹ 6.00 Deadliest Catch		8.00 Deadliest Catch		9.00 Naked and Afraid: Last One Standing			10.30 Discovery...
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Construction Fails		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Cursed Treasures				9.00 Airport Security: USA			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Classic Car Kings	
	121 SKY DOCS	‹ 6.00 Billy Joel: And So It Goes				9.00 Film: Amy			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.15 Wicked		8.00 Sonic the Hedgehog 3				10.00 Long Gone Heroes	
	302 FAVOURITES	‹ 6.20 Despicable Me 2		8.00 The Secret Life of Pets			9.40 Wonka		
	303 HITS	‹ 5.55 Crazy Rich Asians		8.00 Joker: Folie à Deux					10.20 Saturday Night Fever
	304 GREATS	‹ 6.00 Footloose		8.00 Grease				9.55 Grease 2	
	305 ANIMATION	‹ 5.40 Trolls	7.20 Hotel Transylvania			9.00 Rugrats in Paris			10.25 Piece By Piece
	306 FAMILY	‹ 6.00 Sonic the Hedgehog 3		8.00 Johnny English			9.30 Johnny English Reborn		
	307 ACTION	7.00 The Amazing Spider-Man 2					9.25 Madame Web		
	308 COMEDY	‹ 6.25 Ace Ventura Pet Detective		8.00 The Nutty Professor			9.40 Nutty Professor II: The Klumps		
	309 THRILLER	‹ 6.15 Dead Shot		8.00 Angels & Demons					10.25 The China...
	310 DRAMA	‹ 6.15 Poison		8.00 Ben-Hur					
	311 SCI-FI	‹ 5.55 Speak No Evil		8.00 King Kong					
	313 FILM4	‹ 6.55 Men in Black 3				9.00 Men in Black: International			
SPORT	401 MAIN EVENT	‹ 5.15 EFL – Live		8.00 PGA Tour Golf – Live: The St Jude Championship					
	402 PREMIER LEAGUE	7.00 Fantasy Show		8.00 PL Preview		9.00 Transfer 360	9.30 PL Stories	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 5.00 EFL – Live		8.00 EFL				10.00 EFL Highlights	
	405 CRICKET	‹ 5.30 The Hundred – Live: Welsh Fire Men v London Spirit Men (Start-time 6.00)				9.00 The Hundred Bitesize			10.15 The Hundred
	410 TNT SPORTS 1		7.15 PL Preview	8.15 The Fantasy Show			9.15 PL Stories	10.00 UFC – Live	
	411 TNT SPORTS 2	‹ 6.30 Onboard	7.30 MLB: Off the Bat	8.00 MLB Highlights		9.00 MLB – Live: San Francisco Giants v Washington Nationals (Start-time 9.05)			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Celia Imrie. (S)
11.30 **Nadiya's Everyday Baking** (S)(R)
12.00 NOON **Homes Under the Hammer** Featuring properties in Liverpool, Suffolk and Hull. (S)(R)(AD)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.35 FILM **Back to the Future Part III** Comedy adventure sequel starring Michael J Fox and Christopher Lloyd. (S)(AD) (1990, PG, 110min) ★★★★
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **The Hit List** New edition 4/9. Contestants from Coventry, Aberdeen and Felixstowe take part in the music-based quiz show. (S)

8.20 Casualty

6.30 **Michael McIntyre's The Wheel** Guests Motsi Mabuse, Jon Richardson, Tom Skinner, Carol Vorderman, Joe Marler, Joanne McNally and Rav Wilding try to help contestants answer their way to a fortune. (S)(R)

7.30 **Pointless Celebrities** Series finale 21/21. Kéllé Bryan, Kimberly Wyatt, Shazia Mirza, Thanyia Moore, Louisa Lytton, Danielle Harold, Caspar Lee and Ollie Proudlock take part in a star-studded version of the general knowledge quiz. (S)

8.20 **Casualty** Iain questions how much he can trust his colleagues, Nicole treats a patient who has been pushed down a flight of stairs, and Dylan proposes a guilt-free amnesty for drug addicts. (S)(AD)

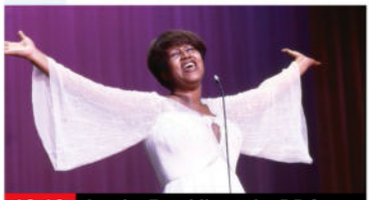
9.10 **Annika** 2/6. The body of a recently released prisoner is found in the Forth River, locked in a dog cage. (S2) (S)(R)(AD)
■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.20 FILM **Die Hard with a Vengeance** Action thriller sequel starring Bruce Willis, Jeremy Irons and Samuel L Jackson. On a hot summer's day in New York, cop John McClane and Harlem storekeeper Zeus Craver reluctantly join forces to play a deadly game of bluff with a terrorist mastermind who is holding the city to ransom. With Graham Greene. (S)(AD) (1995, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.35 AM **Children's Programmes**
9.00 **A to Z of TV Gardening** (S)(R)
9.20 **Gardeners' World** (S)(R)
10.20 FILM **Carmen Jones** Vintage musical starring Dorothy Dandridge and Harry Belafonte. (S) (1954, U, 100min) ★★★
12.00 NOON **Mary Berry's Simple Comforts** Mary explores how families use food to create their own sense of home. (S)(R)(AD)
12.30 PM **The Best Dishes Ever** (S)(R)
1.00 FILM **Doctor Zhivago** David Lean's epic romantic drama with Omar Sharif and Julie Christie. (S)(AD) (1965, PG, 185min) ★★★★★
4.05 **The Great British Sewing Bee** 4/10. The contestants celebrate Korean fashion. (S)(R)(AD)
5.05 **Flog It!** Valuing antiques in Longleat, Wiltshire. (S)(R)



10.10 Aretha Franklin at the BBC

5.45 LIVE **Cricket: The Hundred** Welsh Fire v London Spirit: Coverage of the men's match staged at Sophia Gardens in Cardiff. Both teams found wins hard to come by last season – but it was the Spirit who prevailed when the teams met at Lord's. Their three-wicket triumph proved to be their only victory of the campaign as they finished bottom of the table, with the Fire two places above them. Start-time is at 6.00. (S)

9.10 **Cleo Laine at the BBC** Archive performances by the jazz singer who died last month. Includes solo numbers and duets with John Williams, Dudley Moore, Tony Bennett and Johnny Dankworth. (S)(R)

10.10 **Aretha Franklin at the BBC** A collection of vintage archive appearances on the BBC by the Queen of Soul. (S)(R)

10.55 **Tina Live!** A 2009 concert by Tina Turner in the Dutch city of Arnhem as part of her 50th anniversary tour, with songs including *The Best*, *What's Love Got to Do with It* and *Proud Mary*. (S)(R)

1.05 AM FILM **Margrete: Queen of the North** Danish drama starring Trine Dyrholm. After uniting Denmark, Norway and Sweden, Queen Margrete faces a conspiracy as she tries to keep her union alive. Subtitled. (2021, 15, 115min) ★★★
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Ainsley's Good Mood Food** Celebrating vegetables. (S)(R)(AD)
6.30 **The Chase** Quiz show. (S)(R)
7.30 **Cooking with the Stars** (S)(R)(AD)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition Jimmy Doherty and Shivi Ramoutar are joined by comedian Eddie Kadi. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Jodie Kidd. (S)(R)
11.40 **Ainsley's Fantastic Flavours** New edition Chef Ainsley Harriott demonstrates a selection of flavour-packed Nordic recipes. (S)
12.40 PM **ITV News** (S)
1.00 LIVE **Racing** Coverage from Ascot, Newmarket and Haydock Park. (S)
5.00 **Deal or No Deal: Celebrity Special** Sam Thompson takes part in the game show. (S)(R)(AD)

8.30 No Time to Die

6.00 **ITV News** (S)
6.20 **Local News** (S)
6.30 **The Chase Celebrity Special** Graeme Hall, Maggie Aderin-Pocock, Ortis Deley and Sarah Millican answer questions and work as a team to take on a Chaser and secure a big cash prize for charity. (S)(R)(AD)

7.25 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning £100,000. (S)(R)(AD)

8.30 FILM **No Time to Die** Action thriller starring Daniel Craig in his fifth and final outing as 007. James Bond sets off on the trail of an enigmatic villain armed with lethal new technology. With Léa Seydoux, Rami Malek, Ana de Armas and Christoph Waltz. (S)(AD) (2021, 12, 180min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 **ITV News** (S)
11.50 **Suspicion** Series finale 8/8. Cresswell's past leads Vanessa and Scott to uncover the truth. (S1) (S)
12.45 AM **English Football League Highlights** Recent action. (S)(R)
2.05 **Ainsley's Fantastic Flavours** (S)(R)
3.00 **The Twelve** (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Shark! Celebrity Infested Waters** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **Cheers** 7-10/25. (S6) (S)(R)
7.55 **Everybody Loves Raymond** (S)(R)
9.25 **Frasier** 4-6/24. (S9) (S)(R)(AD)
10.50 **The Simpsons** (S)(R)(AD)
12.50 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
3.30 **Location, Location, Location** Kirstie Allsopp and Phil Spencer are in south London. (S)(R)
4.30 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help Joanne and Nick decide whether to renovate their three-bedroom chalet bungalow in Scorton, Lancashire, or move somewhere new. (S)(R)(AD)
5.35 **George Clarke's Remarkable Renovations** Following efforts to restore an old barber's shop and its attached 17th-century building in Amersham. (S)(R)(AD)

9.00 Griff's Great American South

6.30 **Our Farm Next Door: Amanda, Clive and Kids** 3/5. A second Christmas during the Owens' farmhouse renovation is fast approaching. Amanda and the kids prepare their farm animals and pets for the cold weather, while Richard is keen to get doors fitted so that the house is protected from the elements. (S)(R)(AD)

7.30 **News** (S)

8.00 NEW **The Manhattan Project in Colour** Colourised photographs and film footage documents the story of the team led by Robert Oppenheimer that developed the atomic bomb (S)(AD)

9.00 **Griff's Great American South** New edition 2/6. Griff Rhys Jones journeys up into the Appalachian Mountains to meet and perform with pioneers of Bluegrass music. (S)(AD)

10.00 FILM **Lion** Fact-based drama starring Dev Patel, Nicole Kidman and Rooney Mara. An Indian man adopted by an Australian couple as a youngster sets out to find his biological family. (S)(AD) (2016, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM FILM **xXx: The Next Level** Action adventure sequel starring Ice Cube and Samuel L Jackson. (S) (2005, 12, 105min) ★★
2.05 **Ramsay's Kitchen Nightmares USA** Los Angeles. (S)(SL)(R)
2.55 **The Simpsons** (S)(R)(AD)
5.00 **Kirstie's House of Craft** (S)(R)
5.10 **to 6.05** AM **The Supervet: Puppy Special** (S)(SL)(R)(AD)

+1 hour 204/208 | 304 | 15 | 121 | 252

6 PM
7 PM
8 PM
9 PM
10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)
9.20 **Ben Fogle's New Lives in the Country** Double bill. (S)(R)
11.05 **The Hotel Inspector** (S)(R)
2.05 PM **Dan & Helen's Pennine Adventure** Dan Walker and Helen Skelton head to the Yorkshire Dales. (S)(R)
3.05 Dan and Helen explore the Pennine Way in Cumbria. (S)(R)
4.05 **Loch Lomond: A Year in the Wild** Cameras document autumn at Loch Lomond and the Trossachs National Park. (S)(R)
5.05 Charting the effects of a mild winter at Loch Lomond and the Trossachs National Park, as salmon endure six months without food. (S)(R)

8.00 The Ritz

6.00 **7 Wonders of the World with Bettany Hughes** New edition 2/3. Exploring the stories behind the Colossus of Rhodes and the Statue of Zeus at Olympia. (S)
6.55 **News** (S)
7.05 **Secrets of the Royal Palaces** 1/4. Tales of entertaining at royal residences, including the story of a Buckingham Palace party at that almost went up in flames. (S)(R)
8.00 **NEW The Ritz: The World's Most Famous Hotel** Uncovering the history of the London hotel that's been 'putting on The Ritz' for nearly 120 years, from the grand opening in 1906 to today. (S)
9.00 **NEW Prince Harry: My Terrible Year** Royal commentators, experts and those with experience inside palace walls examine the turbulent first half of 2025 endured by Prince Harry. (S)
10.30 **When Saturday Night TV Goes Horribly Wrong** Les Dennis narrates a collection of prime-time TV mishaps, featuring *Doctor Who, Ant & Dec's Saturday Night Takeaway* and *Strictly Come Dancing*. (S)(R)
12.25 AM **Million Pound Motorhomes** (S)(R)
1.15 **PlayOJO Live Casino Show** (S)
3.15 **Friends** (S9) (S)(R)
3.40 **The World's Most Expensive Hotels** Claridge's London. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.00 **The Simpsons** (S)(R)
8.55 **Super Shark Highway** The northern team put a satellite tracker on a great white. (S)(R)
9.50 How young blacktips learn social skills. (S)(R)
10.45 **LIVE Cricket: The Hundred** Oval Invincibles v Manchester Originals: Coverage of today's women's match staged at The Oval. Start-time is at 11.00.
2.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's matches.
5.30 **Premier League Years** A review of the 2024/2025 season. (R)

9.00 Star Trek Into Darkness

Premier League Years (started at 5.30pm)
7.30 **The Simpsons** *Bart the Mother:* After accidentally kills a bird with Nelson's pellet gun, Bart vows to make amends by taking care of its eggs. (S)(R)
8.00 **An Idiot Abroad** 6/8. Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, taking in the culture of Brazil along the way – as well as visiting a nudist beach. (S)(R)
9.00 **FILM Star Trek Into Darkness** Sci-fi adventure sequel starring Chris Pine and Zachary Quinto. The USS *Enterprise* pursues a rogue Federation officer with a secret past. With Benedict Cumberbatch, Zoë Saldana, Karl Urban and Simon Pegg. (S) (2013, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **Mr Bigstuff** 5/6. Glen freaks out but he's interrupted by Sue's meltdown. (S)(R)(AD) **11.50** 6/6. Glen and Kirsty scramble for a solution, as Lee looks to tie up some loose ends. (S2) (S)(R)(AD)
12.20 AM **The Office (US)** (S)(R)
2.15 **Brassic** (S)(R)(AD)
3.10 **Road Wars** (S)(R)(AD)
5.00 **Nothing to Declare** (S)(R)(AD)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
1.15pm Money for Nothing (S)(R) **1.45** Escape to the Country (S)(R) **2.35 FILM** Back to the Future Part III (S)(AD) (1990, PG, 110min) ★★★★ **4.25-5.25** Sportscene: Open All Mics **12.20am** Sportscene: Premiership Highlights (S)(R) **1.20** Weather for the Week Ahead (S) **1.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
2.00pm Nigel Slater's Simple Cooking (S)(R) **2.05** Garden Rescue (S)(R) **2.35 FILM** Back to the Future Part III: As Scotland. **4.25** Our Lives: High Stakes New edition (S) **4.55-5.25pm** Back in the Day (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.20am My Tiger Family (S)(R) **11.20** Mary Berry's Simple Comforts (S)(R)(AD) **11.50 LIVE** Women's International Rugby Union (S) **2.20-4.05pm FILM** Carmen Jones (S) (1954, U, 105min) ★★★

WALES
Sky 968, Freesat 968
12.30pm FILM Doctor Zhivago (S)(AD) (1965, PG, 185min) ★★★★★ **3.35** The Great British Sewing Bee (S)(R)(AD) **4.35-5.05pm** Weatherman Walking: Blaencwm & Merthyr Tydfil (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Eisteddfod Genedlaethol New edition **12.00noon** Eisteddfod Genedlaethol New edition **3.00pm** Eisteddfod Genedlaethol New edition **6.00** Eisteddfod Genedlaethol New edition **7.00** Eisteddfod Genedlaethol New edition **8.15** Newyddion a Chwaraeon **8.30** Eisteddfod Genedlaethol New edition **10.15** Ffa Coffi Pawb! **11.20-11.55pm** Richard Holt: Yr Academi Felys (AD)

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Oscar makes a foolish decision. **7.30** Lauren's suspicions are confirmed, and Elaine struggles without the Vic. **8.00** Howie decides to take matters into his own hands. **8.30** Callum continues to flirt with Johnny.
9.00 **Gavin & Stacey** 3/6. The couple announce their engagement. **9.30** 4/6. Nessa tells Stacey her big secret. (S1)
10.00 **Two Pints of Lager and a Packet of Crisps** 2/6. Billy's metrosexual behaviour continues to baffle Gaz. **10.30** 3/6. Gaz tries to help Billy join the Runcorn Rovers. **11.00** 4/6. Donna trains Gaz to become a Paralympian. **11.30** 5/6. Donna tries to find a new best friend. (S9)
12.00 M'T **Dubai Hustle**
1.00 AM **Rocket Fuel**
1.15 **Two Pints of Lager and a Packet of Crisps**
3.15 **to 4.00** AM **Chloe Ayling: My Unbelievable Kidnapping**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.35 **Location, Location, Location** Catch-up edition.
12.35 PM **Ugly House to Lovely House with George Clarke** Transforming a flat.
1.40 **George Clarke's Amazing Spaces** Two artists attempt to convert an old library van.
2.40 **George Clarke's Old House, New Home**
3.40 **Come Dine with Me**
6.20 **Four in a Bed** The contest begins at the Vale of Berkeley Guest House, Gloucestershire.
6.55 **Four in a Bed** The B&Bers head to Artist Residence in Penzance, Cornwall. **7.25** From the Edenfield Guest House in Blackpool. **7.55** The fourth day of the contest takes place at the New Inn in Portland, Dorset. **8.25** The B&B owners meet for the last time.
9.00 **24 Hours in A&E** Consultant Will is concerned about potential spinal and head injuries when a woman is rushed to St George's after falling from a horse.
10.00 **24 Hours in A&E** A woman who has suffered a suspected heart attack.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped's Caribbean Adventure**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Deer in the City** Two roe deer residing in a Scottish cemetery.
7.10 **Miss Marple: Sleeping Murder** 1/2. A newlywed suffers disturbing visions. **8.05** 2/2. The ageing sleuth uncovers the murder motive. Stars Joan Hickson.
9.00 **NEW SERIES Beck** *Vilhelm:* 1/2. Swedish detective drama starring Valter Skarsgård. A delivery gone wrong turns deadly in a Stockholm apartment and Vilhelm's past trauma resurfaces. Subtitled. *See feature, page12.* (S10) ■ Entire series on BBC iPlayer
10.30 **Muhammad Ali: A Life in Ten Pictures** Ten photographs that help chronicle defining moments in the boxer's life and career.
11.30 **Parkinson Meets Muhammad Ali**
12.10 AM **The Good Life**
12.40 **Yes, Minister**
1.10 **Miss Marple: Sleeping Murder** 1&2/2. Drama.
3.00 **to 4.00** AM **Muhammad Ali: A Life in Ten Pictures**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Goldbergs**
8.20 **Lego Masters Australia**
9.40 **Ramsay's Kitchen Nightmares USA**
1.40 PM **The Big Bang Theory**
2.40 **FILM The Karate Kid** Martial arts drama starring Jaden Smith and Jackie Chan. A 12-year-old boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. (2010, PG, 140min) ★★★
5.30 **The Simpsons** Triple bill.
7.00 **The Simpsons** *Forgive and Regret:* Grampa makes a confession to Homer. **7.30** *Left Behind:* Homer gets Flanders a job as a HR supervisor at the plant. **8.00** *Throw Grampa from the Dane:* An insurance payout sends the family on a trip to Denmark. **8.30** *Undercover Burns:* Mr Burns disguises himself as an employee at the power plant.
9.00 **Celebrity Gogglebox** Famous faces appraise *Changing Rooms* and *Married at First Sight UK.*
10.00 **Gogglebox** Opinions on *Obsession* and *Married at First Sight Australia.*
11.05 **Gogglebox**
12.05 AM **First Dates**
2.20 **Below Deck Down Under**
4.00 **Modern Family**
4.50 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** Four editions, including at: **10.30** A burglar trying to steal laptops is caught out. **11.15** A martial arts expert rescues a police officer struggling with a bicycle thief.
12.00 NOON **Stop, Search, Seize**
1.00 PM **Border Security USA**
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Blue Bloods

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Nothing to Declare Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 Blue Bloods *Fake It 'till You Make It:* 10/21. Jamie and his new intel team officer infiltrate a car smuggling ring. (S13)

10 PM
10.00 Elsbeth *Tearjerker:* 13/20. The lawyer investigates the death of a wealthy real-estate developer. (S2)

11.00 Law & Order: Special Victims Unit 1/13. (S25)
12.00 M'T **Bull** 1/16. (S5)
1.00 AM **FBI: Most Wanted** (S5)
3.00 **The Cleaning Lady** 7/12. (S3)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Triple bill.
9.00 **Six Feet Under** (S2&3)
2.15 PM **Game of Thrones** 1/10. First episode of the fantasy drama starring Sean Bean. **3.30** 2/10. Bran suffers another attempt on his life. **4.35** 3/10. A weary Ned struggles to deal with the politics of the king's court. **5.40** 4/10. Ned searches for the truth about Jon Arryn. **6.45** 5/10. A suspicious death threatens to overshadow the tournament. (S1)

2.15 Game of Thrones

7.50 Game of Thrones *A Golden Crown:* 6/10. Ned investigates rumours about the Lannisters and Tyrion concocts a risky scheme to escape the Eyrie. (S1)

8.00 Nothing to Declare Double bill of the series accessing the world of national security at Australia's biggest airports.

9.00 The White Lotus *In the Sandbox:* 4/7. Harper is blindsided by shocking evidence from Ethan's night out. (S2)

10.10 The Gilded Age *Ex-Communicated:* 7/8. Mrs Astor discusses the future of her Newport ball with Bertha. (S3)

11.20 Homicide: Life on the Street
12.20 AM **FILM Homicide: The Movie** Crime drama spin-off from the American TV series starring Daniel Baldwin. (2000, 15, 90min) ★★
1.55 The Sopranos 1-3/13. (S1)
5.00 to 6.00 AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** 4/22. (S10)
7.00 **SEAL Team** 6-10/22. (S2)
12.00 NOON **Grimm** 3-6/13. (S6)
4.00 PM **The Walking Dead** 7/16. Negan enlists the aid of his lieutenants to solve a huge problem facing the Sanctuary. **5.00** 8/16. The Saviors launch an attack on Alexandria, and Carl flees into the sewers – but his escape only leads him into further danger. **6.00** 9/16. The various survivor communities face some difficult decisions. (S8)

10.00 Strike Back: Vendetta

7.00 The Walking Dead *The Lost and the Plunderers:* 10/16. Groups unite their forces and converge on the Hilltop. (S8)

8.00 An Idiot Abroad Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro and visits a nudist beach.

9.00 A League of Their Own: The Rally The rally ends in Turin, where Jamie, Jill and Micah fight for points and face a final challenge.

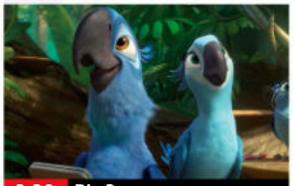
10.00 Strike Back: Vendetta 7/10. Section 20 are sent on a mission targeting an insurgent training camp in Bosnia. (S8)

11.00 Creature Commandos (S1)
11.30 Mr Bigstuff 5&6/6. (S2)
12.30 AM **Warrior** 9/10. (S1)
1.30 Road Wars
2.00 S.W.A.T. New episode 4/22. A blackout throws the city into chaos. (S8)
3.00 Brassic 5/8. (S5)
4.00 to 6.00 AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Buying the View**
8.10 **Dinner Date**
10.15 **Deal or No Deal**
1.15 PM **Celebrity Catchphrase**
2.20 **FILM Rio 2** Animated comedy sequel with the voice of Jesse Eisenberg and Anne Hathaway. (2014, U, 101min) ★★★
4.25 **FILM Johnny English Strikes Again** Comedy with Rowan Atkinson. A cyber attack sees the hapless secret agent sent on an adventure in France. (2018, PG, 90min) ★★★


2.20 Rio 2

6.15 FILM Batman v Superman: Dawn of Justice Action adventure starring Ben Affleck and Henry Cavill. The two superheroes' mutual distrust leads them into a battle manipulated by an evil billionaire. (2016, 12, 164min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM Pitch Perfect Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 Family Guy 6/20. Brian's offensive tweet goes viral. **11.45** 2/20. Peter becomes friends with a paramedic. (S16)
12.15 AM **American Dad!** (S12)
1.15 **The Stand Up Sketch Show**
2.15 **Buffering** 4/6. (S1)
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.35 **Lewis** *The Indelible Stain.*
8.40 **FILM Carry On Dick** Carry On comedy starring Sid James. (1974, PG, 90min) ★★★
10.40 **Doc Martin** 7&8/8. (S7)
12.40 PM **The Darling Buds of May**
3.00 **Agatha Christie's Marple** *Murder Is Easy:* A former policeman helps Miss Marple investigate a series of deaths in a peaceful village.
5.00 **Midsomer Murders** *Midsomer Life:* A country magazine owner is suspected of murder.

11.00 Shetland

7.00 Midsomer Murders *Blood Wedding:* Cully gets cold feet about tying the knot with Simon, and Barnaby becomes an unwelcome guest at baron Ned Fitzroy's wedding when the maid of honour is stabbed to death.

9.00 Vera *On Harbour Street:* Investigating the death of a pensioner found stabbed on a busy train, Vera follows the trail to a quiet coastal town where clues appear to lead to one particular street.

11.00 Shetland 5/6. Perez resolves to continue the investigation. **12.00** M'T 6/6. The detectives discover the killers are closer to home than they thought. (S3)
1.10 AM **The Real Crown: Inside the House of Windsor**
2.15 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Action from the latest matches, including Rangers v Dundee.
8.15 **Inside Central Station** The Argyll line closure finally comes to an end and Glasgow Central low level reopens.
9.15 **Gary: Tank Commander** 6/6. Charlie starts a rumour about himself. (S1)
9.45 **Govan Fair Queen** Short comedy starring Elaine C Smith and Harper Blue Hamilton.
10.00 **Ooh the Banter** Jack Docherty delves into the BBC archives for a celebration of Scottish comedy.
11.00 PM **to 12.00** M'T **Rip It Up** Examining Scotland's pop music history.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S1)
10.15 **Veep** 1-3/10. (S2)
12.00 NOON **Girls** 3-7/10. (S3)
3.00 PM **Divorce** 1-6/10. (S1)
6.30 **The Office (US)** 24/24. Dwight gives the Scranton branch workers free family portraits. (S8) **7.00** 1/25. The workplace welcomes some new faces. **7.30** 2/25. Jim and Pam get a surprising invitation to Roy's wedding. **8.00** 3/25. Andy discovers that he may be a distant relative of Michelle Obama. **8.30** 4/25. Dwight rents a bus as temporary work space for the staff. (S9)
9.00 **Divorce** 5&6/10. (S1)
10.15 **Chris Rock: Never Scared** Stand-up show.
11.45 **Girls** 3&4/10. (S5)
12.55 AM **Hung** 7&8/10. (S1)
2.05 **Veep** 9&10/10. (S2)
3.20 **to 5.00** AM **How to Make It in America**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Lang Lang: My Favourite Melodies**
7.10 **Pavarotti: A Voice for the Ages**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **JRR Tolkien: Designer of Worlds**
2.15 **Michael Flatley: Lord of the Dance – Dangerous Games**
4.00 **The Shadows: The Final Tour**
6.50 **Elvis Presley: Aloha from Hawaii** The singer in concert from 1973.
8.30 **Elvis Presley: The Searcher** 1&2/2.
12.20 AM **When Elvis Met Priscilla** Documentary.
1.20 **Dean Martin: King of Cool** Documentary.
3.30 **Johnson & Knopfler's Music Legends**
4.30 **The Great Songwriters**
5.30 **to 6.00** AM **Discovering: Crosby, Stills, Nash & Young**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Nothing to Declare**
11.00 **Kenya Wildlife Diaries**
12.00 NOON **Arctic Secrets**
1.00 PM **Gangs of Baboon Falls** Documentary.
2.00 **Strange Creatures**
2.55 **Monkey Life**
3.45 **David Attenborough's First Life** Documentary.
5.00 **Patrick Aryee's Wild World** Documentary.
6.00 **Big Beasts: Last of the Giants** Patrick Aryee investigates animals from Australia and Asia.
7.00 **Shark with Steve Backshall** Documentary.
8.00 **Caught on Dashcam**
10.00 **The Force: Manchester**
12.00 M'T **World's Most Evil Killers** Documentary.
2.00 AM **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune** Game show hosted by Graham Norton.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word game hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern as another contestant takes on the Banker for the chance to win a big cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed game show, in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Wheel of Fortune**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
11.00 **Little House on the Prairie** Ten episodes of the series, including at: **7.00** PM *The Talking Machine:* 13/22. Laura is attracted to a new boy in school – but Nellie is equally keen on him. **8.00** *The Pride of Walnut Grove:* 14/22. Mary is chosen to enter a maths contest. (S2)
9.00 **FILM A Good Year** Comedy drama starring Russell Crowe and Marion Cotillard. A stockbroker inherits a French vineyard and has to choose between the London rat race and sun-dappled Provence. (2006, 12, 117min) ★★★
11.30 **The Avengers** (S6)
2.25 AM **Airline USA**
3.00 **Hart to Hart** 9/22. (S4)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
8.00 **Magnum, PI**
9.00 **Made in Britain**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **The Best of the 70s**
11.50 **The Casebook of Sherlock Holmes** Period drama.
12.55 PM **Cadfael**
2.35 **FILM The Horse Soldiers** John Ford's Civil War Western. (1959, U, 115min) ★★
5.00 **World Series of Darts: Australian Masters** A chance to see day two in Wollongong.

10.30 Rocky V

7.00 **World Series of Darts: Australian Masters** Continued action from the second day's play at WIN Entertainment Centre in Wollongong, featuring the quarter-finals, semi-finals and final.
9.00 **English Football League Highlights** Action from the latest EFL matches, including Southampton v Wrexham and Sheffield United v Bristol City in the Championship.
10.30 **FILM Rocky V** Boxing drama starring Sylvester Stallone. Rocky Balboa returns to his roots in the slums of Philadelphia to train a young fighter. (1990, PG, 104min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Wrestling: AEW Dynamite**
2.25 **Motorsport Mundial**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Drone Wars** Action adventure with Corin Nemec. (2016, PG, 79min) ★★
1.00 PM **Star Trek: Enterprise** Five episodes, including at: **4.00** 13/22. Reed and Trip are held hostage on board a Romulan craft. **5.00** 14/22. Archer visits Shran's homeland. (S4)
6.00 **Star Trek: Voyager** 6/26. The crew are fooled by a devious Ferengi plan. (S7)

11.00 The Walking Dead

7.00 **Star Trek: Voyager** *Body and Soul:* 7/26. The ship's away team are taken captive. Guest stars Megan Gallagher.
8.00 **Star Trek: Voyager** *Nightingale:* 8/26. Kim captains a damaged Kraylor ship in a bid to save the species' world.
9.00 **Star Trek: Voyager** *Flesh and Blood – Part One:* 9/26. The Hirogen modify technology given to them by Janeway.
10.00 **Star Trek: Voyager** *Flesh and Blood – Part Two:* 10/26. The Doctor reconsiders his decision to betray the ship. (S7)
11.00 **The Walking Dead** 17/22. Daryl and Maggie fight an unseen and unknown threat. **12.00** M'T 18/22. Daryl and Carol encounter an old cabin. **1.00** AM 19/22. Gabriel and Aaron search for food to bring back to Alexandria. **2.00** 20&21/22. (S10)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S17)
10.00 **Elementary** 10–12/24. (S5)
12.50 PM **Inspector Alleyn Mysteries** *Final Curtain.*
3.00 **Father Brown** *The Queen Bee:* The priest investigates the death of a beekeeper. **4.00** *The Scales of Justice:* The priest races to save Bunty from the hangman's noose. **5.00** *The Wisdom of the Fool:* The sleuthing priest visits a jesters' convention.
6.00 **Maisie Raine** 3/6. A game show host is stalked. (S1)

11.00 The Company You Keep

7.00 **Maisie Raine** *An Ordinary Little Tragedy:* 4/6. Maisie is determined to find a couple's missing daughter. (S1)
8.00 **Father Brown** *The Kembleston Players:* The priest investigates when rehearsals for a play are derailed by a death.
9.00 **Death in Paradise** *Murder on the Airwaves:* 7/8. A radio presenter is murdered live on air. With Richard Blackwood. (S8)
10.00 **My Life Is Murder** *The Widow's Club – Part Two:* 8/8. Alexa finds herself on the wrong side of a murder investigation. (S4)
11.00 **The Company You Keep** 5/10. Daphne enlists the Nicolettis to steal a book of blackmail from a fixer, while Charlie puts his relationship with Emma on the line. (S1)
12.00 M'T **Father Brown**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Last of the Summer Wine**
7.40 **Are You Being Served?**
8.15 **Still Open All Hours**
8.55 **Only Fools and Horses**
1.45 PM **Only Fools and Horses** Christmas special from 1988. Del tries a dating agency. **3.35** Part one of two. Del and Rodney get the chance for a holiday in the Florida sun. **4.40** Part two of two. The Trotters arrive in America.
6.40 **Gavin & Stacey** Smithy and Nessa visit the hospital for their first ultrasound scan.

8.00 Red Dwarf

7.20 **Gavin & Stacey** The newlyweds argue while on a night out at the bowling alley.
8.00 **Red Dwarf** Kryten discovers a mutated photo-developing fluid. **8.35** Kryten discovers his expiry date is less than 24 hours away.
9.15 **Mrs Brown's Boys** Agnes hopes to find a date for Valentine's Day.
9.55 **Men Behaving Badly** A jealous Gary tries to ruin Dorothy's new relationship with Jamie. **10.35** Gary receives a spectacularly ill-timed visit from his father.
11.15 **Only Fools and Horses** Double bill of episodes.
2.25 AM **Here We Go** Robin's attempt to stop Cherry's wedding fails, ruining the Jessop family holiday.
2.55 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers Everyday Gourmets** Weekend treats.
8.00 **Top Gear Botswana Special**
9.00 **Cape Carnage: Killer Catch**
11.00 **Top Gear** With Jodie Kidd.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **The Boat That Guy Built**
3.00 **Extreme Fishing with Robson Green** Double bill.
5.05 **Would I Lie to You?**
6.20 **Would I Lie to You? At Christmas** With Ray Winstone, Josh Widdicombe, Rachel Riley and Ricky Tomlinson.

7.00 This Time with Alan...

7.00 **This Time with Alan Partridge** Alan meets his own celebrity lookalike. **7.40** A programme about the MeToo movement gives Alan a chance to show off his skills. **8.15** Alan is forced to call on Sidekick Simon to step up to the plate.
9.00 **I'm Alan Partridge** First episode of the comedy. Alan dreams of launching a new show on the BBC. **9.40** Alan must choose between sacking all of his staff or keeping a few on but downgrading his car. **10.20** Alan manages to insult Norfolk's farmers.
11.00 **Not Going Out** Double bill.
12.10 AM **Have I Got a Bit More News for You** Satirical quiz.
1.10 **Would I Lie to You?**
1.50 **Travel Man: 96 Hours in Jordan** With David Baddiel.
2.40 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Chateau DIY**
2.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.00 **A Place in the Sun: What Happened Next?**
4.00 **A Place in the Sun**
8.00 **Location, Location, Location** Kirstie and Phil help house hunters in south London.
9.00 **8 Out of 10 Cats Does Countdown** Joe Wilkinson and Alex Brooker take on Kevin Bridges and Judi Love.
10.00 **First Dates** Outdoor lover Carmen and hairstylist Eddie bond over camping and fitness.
11.05 **FILM 13 Going on 30** Romantic comedy starring Jennifer Garner, Mark Ruffalo and Judy Greer. (2004, 12, 98min) ★★★
12.55 AM **Gogglebox**
3.00 **999: On the Front Line**
4.00 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S6)
1.05 PM **NCIS** Eight episodes of the drama, including at: **7.00** *Crossing the Line:* 15/24. The team investigate a man overboard fatality from a Navy destroyer. **8.00** *Bears and Cubs:* 16/24. Jimmy's father in-law asks him to tamper with evidence from a case. (S16)
9.00 **Criminal Minds** *Blue Angel:* 3/22. The BAU team members head to Detroit, where two men have been killed. **10.00** *Killer App:* 4/22. The BAU investigate a fatal drone shooting in Silicon Valley. (S13)
11.00 **Law & Order: Special Victims Unit** (S17)
12.55 AM **The Resident** (S3)
2.55 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S1)
10.00 **Dirty Home Rescue**
12.00 NOON **Shoplifters: Caught Red Handed**
2.00 PM **Extreme Nightmare Tenants** Double bill.
4.00 **Call the Bailiffs: Time to Pay Up** Five editions, including at: **7.00** Agents Mark and Sam are tracking down a builder's merchant. **8.00** Agents Mark and Sam try to recover over £11,000 from a cleaning business.
9.00 **FILM The Bourne Supremacy** Spy thriller with Matt Damon. (2004, 12, 108min) ★★★★
11.20 **Street Crime: Caught on Camera**
12.20 AM **999: Criminals Caught on Camera**
1.20 **GPs: Behind Closed Doors** Medical series.
2.20 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.30 **MacGyver** (S1)
2.35 PM **FILM Arrowhead** Western starring Charlton Heston. (1953, U, 105min) ★★
4.50 **FILM Last Train from Gun Hill** Revenge Western starring Kirk Douglas and Anthony Quinn. (1959, 15, 98min) ★★★
6.40 **FILM Lonely Are the Brave** Western starring Kirk Douglas, Gena Rowlands and Walter Matthau. (1962, b/w, PG, 107min) ★★★
9.00 **FILM Seraphim Falls** Western drama starring Pierce Brosnan and Liam Neeson. (2006, 15, 111min) ★★★★
11.15 **Police Interceptors**
1.15 AM **World's Deadliest Weather: Caught on Camera** Documentary.
3.25 **Motorway Patrol**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **Ski A&E** Six editions of the series, including at: **7.00** The teams deal with emergencies that occur in the Val Thorens snowpark. **8.00** Patients include Terri from Crewe, who ends up with 20 stitches in her shoulder.
9.00 **Ghosts** Christmas special from 2020. A new arrival joins the haunted household. **9.40** A documentary team come to film at Button House. **10.20** A mysterious visitor has a revelation that leaves Alison reeling.
10.55 **Deadly Waters with Captain Lee** Double bill.
12.50 AM **Aaron Hernandez Uncovered**
1.45 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.50 **Bergerac**
11.20 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **Father Brown**
4.00 **Whitstable Pearl**
5.00 **The Upper Hand**
7.00 **The Brokenwood Mysteries** *Over Her Dead Body:* 2/4. A corpse is switched inside its coffin. (S3)
9.00 **The Count of Monte Cristo** New episode 2/8. Edmond learns the location of treasure hidden on the island. *See feature, page 7.* (S1) ■ Entire series on U
10.15 **Judge John Deed** *Popular Appeal:* A TV show's producers face a manslaughter charge.
12.10 AM **Call the Midwife**
1.30 **The Heart Guy**
2.30 **Birds of a Feather**
3.00 **to 4.00** AM **Darby and Joan**

+1 hr 243 316 60 260

SATURDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** South Wales.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House**
11.00 **Celebrity Yorkshire Auction House**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector**
8.00 **Saving Lives at Sea**
9.00 **The Repair Shop** Stringed instrument expert Becky tries to restore a fragile violin. **10.00** A German-made toy steam roller from the 1930s is restored. **11.00** Experts restore a rugby trophy, a Victorian sewing machine and a 1930s accordion.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes** Shane Lynch and Ruthie Henshall compete for charity.
12.00 NOON **Dickinson's Real Deal** From Wrexham.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With guests Melanie Sykes, Heather Small, Andrew Castle and Graeme Le Saux.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Who Dares Wins** Action thriller. (1982, 18, 124min) ★
10.50 **Wanted: Dead or Alive**
12.50 PM **FILM The Way West** Western adventure. (1967, PG, 122min) ★★
3.25 **FILM The Indian Fighter** Western. (1955, PG, 88min) ★★★
5.25 **FILM The Sand Pebbles** Action drama starring Steve McQueen. (1966, 15, 193min) ★★
9.00 **FILM Missing in Action 2** Action adventure prequel starring Chuck Norris and Soon-Teck Oh. (1985, 18, 91min) ★★
11.05 **FILM Gold** Action thriller starring Roger Moore and Susannah York. (1974, 12, 124min) ★★
1.50 AM **FILM San Andreas Mega Quake** Thriller starring Glen Baggerly. (2019, 12, 87min) ★★
3.40 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Sue Thomas: F.B.Eye**
1.00 PM **FILM Aurora Teagarden Mysteries: Heist and Seek** Drama. (2020, PG, 84min) ★★
2.55 **FILM Aurora Teagarden Mysteries: Reunited and It Feels So Deadly** Drama. (2020, PG) ★★
4.50 **FILM Mary Higgins Clark: Before I Say Goodbye** (2003, 15) ★★
7.05 **FILM Fixer Upper Mysteries: Framed for Murder** Drama. (2017, PG, 83min) ★★
9.00 **FILM Garage Sale Mysteries: Murder in D Minor** (2018, PG) ★★
10.55 **FILM The Nurse** Drama. (2014, PG, 89min) ★★
12.55 AM **FILM Lethal Beauty** Thriller. (2018, 12) ★★
2.50 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM The Other Mother** Thriller. (2017, 12, 90min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love Locks** Romantic drama. (2017, PG, 90min) ★★
10.10 **FILM Sailing into Love** Romantic drama. (2019, PG, 90min) ★★
12.00 NOON **FILM How to Find Forever** Drama. (2021, PG, 190min) ★★
1.55 PM **FILM Flowers and Honey** Romance. (2021, PG, 90min) ★★
4.00 **FILM The Way to the Heart** Romantic drama. (2022, PG, 86min) ★★
6.05 **FILM The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
8.00 **FILM One Summer** Drama. (2021, PG) ★★
9.55 **FILM Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
11.50 **FILM Sunrise in Heaven** Romantic drama. (2019, PG, 85min) ★★
1.55 **to 5.00** AM **Highway to Heaven**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
8.00 **Fantasy Island** (S1)
9.00 **Lucky Feller** (S1)
10.30 **Carry On Laughing** (S2)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S1)
12.50 PM **Mysterious Tales**
1.00 **FILM Just My Luck** Madcap comedy. (1957, b/w, U, 80min) ★★★
2.40 **In Loving Memory** (S3)
3.40 **Auto Rewind**
3.55 **Mysterious Tales**
4.00 **Bubblegum & Cheese**
5.00 **Fantasy Island** (S1)
6.00 **We Had One of Those**
6.10 **Jokers Wild**
6.40 **Please Sir!** 5&6/7. (S1)
8.20 **Rewind & Remember**
8.30 **Jokers Wild**
9.00 **The Strange World of Gurney Slade** (S1)
9.35 **Lucky Feller** (S1)
11.05 **Police Woman** (S1)
12.05 AM **Stereo Underground**
1.05 **FILM Just My Luck**
2.45 **Mysterious Tales** (S1)
2.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Hoarding: Buried Alive** A retired man who hoards everything from light fixtures to cars. **8.00** A woman whose extreme hoarding forced her son to move out.
9.00 **The Bad Skin Clinic** Robert has an egg-shaped cyst on his head. **10.00** Chloe has pilar cysts on her scalp.
11.00 **Body Bizarre** Seven-year-old twins who were born joined at the head. **12.00** M'T A woman with a rare disorder that makes her skin fall off. **1.00** AM A Mexican man with a large tumour on the side of his face.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa**
12.00 NOON **Mary Berry: Cook & Share**
1.00 PM **James Martin's Brittany** Four editions.
3.00 **Nigel Slater's Simple Cooking** Eight editions.
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Maneet's Eats** Chef Maneet Chauhan shares her personal spice blend for masala Chai and makes the popular savoury snack, Murukku.
8.30 **Nadiya's Fast Flavours** Nadiya Hussain presents a selection of fresh and healthy recipes, including a Thai salad and a light alternative to the Sunday roast.
9.00 **Diners, Drive-Ins and Dives** Eight editions.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Malibu Shark Attack** Disaster drama. (2009, 15, 90min) ★★
9.00 **Knight Rider** (S4)
2.00 PM **FILM Voyage to the Bottom of the Sea** Sci-fi action adventure. (1961, U, 105min) ★★★
4.05 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
5.55 **FILM The Legend of the Lone Ranger** Western adventure. (1981, PG, 98min) ★
8.00 **The Twilight Zone** (S1)
9.00 **FILM The Negotiator** Action thriller. (1998, 15, 140min) ★★★★
11.40 **FILM While She Was Out** Thriller starring Kim Basinger and Lukas Haas. (2008, 18, 88min) ★★
1.25 AM **FILM Freight** Thriller. (2010, 18, 90min) ★★
3.15 **to 5.00** AM **FILM Mercy Black** Horror. (2019, 15, 88min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **The Gambler Returns: The Luck of the Draw** 1&2/2. Drama.
10.00 **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
12.00 NOON **FILM The Land That Time Forgot** Sci-fi action drama starring C Thomas Howell. (2009, 12, 90min) ★★
2.00 PM **FILM The Philadelphia Experiment** Sci-fi mystery thriller remake. (2012, 15, 89min) ★★
4.00 **The Lost World** (S3)
9.00 **FILM Heist** Thriller starring Robert De Niro and Jeffrey Dean Morgan. (2015, 15, 89min) ★★★
10.55 **FILM An Eye for an Eye** Martial arts adventure starring Chuck Norris and Christopher Lee. (1981, 15, 106min) ★
1.00 **to 3.00** AM **FILM Heist** As shown at 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Storage Hunters**
8.00 **Pawn Stars**
10.00 **Swamp People: Serpent Invasion**
11.00 **Storm Stories**
12.00 NOON **World's Most Unexplained...**
2.00 PM **Ghost Ships**
4.00 **Ancient Aliens**
8.00 **Close Encounters Down Under** The city of Melbourne's long history of UFO sightings.
9.00 **The Real Bronson** The life of Charles Bronson, dubbed 'the most violent man in Britain'.
10.00 **History's Greatest Mysteries** The strange disappearance of union activist Jimmy Hoffa.
11.00 **Weird or What? with William Shatner**
1.00 AM **Conspiracy Files: Unsealed** Triple bill.
2.30 **Top 10 Conspiracies of All Time**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside the Hilton**
10.00 **All Creatures Great and Small** (S1&2)
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Digging Up Britain's Past**
7.00 **Memphis Belle in Colour** Documentary.
8.00 **Secret Spitfires: How Britain Won the War**
9.00 **The Lancaster Bomber**
10.20 **Three Days in June: The Story of the D-Day Forecast** How the launch of D-Day was determined by a remote weather station in Ireland.
11.20 **Nazi Killing Fields**
12.30 AM **The Vanishing of Flight MH370: 10 Years On** 1/3. Documentary.
1.30 **Flight MH370: The Silence** 2/3.
2.30 **Flight MH370: Murder at 30,000 Feet?** 3/3.
3.25 **The Yorkshire Vet**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **A Place in the Sun**
10.00 **Mini Reni** Double bill.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Five editions of the series in which people search for their ideal rural retreats.
8.00 **My Dream Derelict Home in the Sun** Scarlette Douglas meets Bristol couple Ben and Andrea as they set out to transform a derelict 19th-century Spanish farmhouse into a dream home and cycle retreat. **9.00** Scarlette meets Newcastle couple Mark and Lorraine, who are planning to transform an abandoned Majorcan townhouse into a home with a mountain view.
10.00 **Escape to the Country** Triple bill of editions.
1.00 **to 4.00** AM **Home Town**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Too Large** George is determined to lose weight to help him win back his ex-girlfriend.
8.00 **Dr Pimple Popper** Four editions of the medical series.
12.00 M'T **My Extreme Excess Skin** Mary lost 161lb and hopes skin removal will help rid her of painful memories.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 8.00pm.
9.00 **Friends** (S5)
3.00 PM **FILM Daddy Day Care** Family comedy. (2003, PG, 92min) ★★★
4.50 **Friends** (S5&6)
8.00 **Michael McIntyre's Big Show** With Ellie Goulding and Andrea Bocelli.
9.00 **Russell Howard: Live at the London Palladium** Stand-up performance.
10.00 **FILM Ted** Comedy starring Mark Wahlberg and Mila Kunis. (2012, 15, 106min) ★★★★
12.05 AM **South Park** (S27)
12.35 **CC Live: Stand Up Shorts**
1.05 **MTV Cribs: Comedians Specials**
1.35 **Whose Line Is It Anyway? USA**
2.35 **South Park** (S13)
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S4)
7.00 PM **Friends** 22/24. Joey receives disappointing news in Las Vegas. **7.30** 23/24. The pals head to Las Vegas. **8.00** 24/24. Monica and Chandler have a spot of good luck. (S5) **8.30** 1/25. Joey and Phoebe have a cross-country adventure. **9.00** 2/25. Monica and Chandler decide to move in together. **9.30** 3/25. Ross makes a dramatic decision. **10.00** 4/25. Ross decides to try his hand at teaching. (S6)
10.30 **Friends** (S6)
2.00 AM **Broad City** (S2&3)
5.00 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Border Patrol**
10.00 **Nothing to Declare**
1.00 PM **Bull** 11-16/22. (S6)
7.00 **Border Security: America's Front Line**
9.00 **Reginald the Vampire** *Dead Weight:* 1/10. Vampire comedy starring Jacob Batalon based on Johnny B Truant's *Fat Vampire* novel series. **10.00** *The Hunger:* 2/10. Reginald learns how to feed – but it doesn't go well. **11.00** *Hypnos:* 3/10. Reginald and Sarah go on their first date – and mayhem ensues. **12.00** M'T *All the Time in the World:* 4/10. Everything changes when Angela meets Maurice. **1.00** AM *Fools in Love:* 5/10. Reginald is getting the hang of things. (S1)
2.00 **A League of Their Own**
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
7.10 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions.
9.00 **Ink Master Redemption** Tatu Baby and King Ruck must overcome their nerves to complete the work they started on unhappy canvases. **9.30** Runner-up Master Canvases must defend their tattoos against the artists who beat them to the title.
10.00 **MTV Meets Yungblud** Yungblud comes into MTV HQ to talk music.
10.30 **Fall Out Boy: I Want My MTV** Fall Out Boy talk about their most successful music videos.
11.00 **MTV Cribs: Priciest Pads** Four editions.
2.45 AM **Catfish: The TV Show** Reality series.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Scrap Kings**
10.00 **Alaska: Homestead Rescue**
12.00 NOON **Naked and Afraid: Castaways** Double bill.
2.00 PM **Marooned with Ed Stafford** Four editions of the series, including at: **4.00** Ed tries to survive in Namibia's Erongo Mountains. **5.00** Ed must navigate razor-sharp rocks among the karst spires of Guangxi China.
6.00 **Deadliest Catch** Chaos on the *Titan Explorer* forces Jake's crew to abandon ship.

3.00 Marooned

Deadliest Catch (started at 6.00pm)

8.00 Deadliest Catch A rumoured billion-dollar bounty lures crews beyond the bounds of rescue.

9.00 Naked and Afraid: Last One Standing The final gauntlet of challenges tests bushcraft, fire-making and bow skills.

10.30 Discovery Changed My Life Individuals reveal how shows they watched on Discovery inspired them and changed their lives.

11.00 Expedition Bigfoot Russell is on the trail of a possible pair of Bigfoot in The Fork. Mireya and Biko utilise cutting-edge tech to try to catch a base camp intruder.
12.00 M'T **Deadliest Catch**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue** A wildfire prompts Marty to create an evacuation ark. **4.00** A homestead is at risk from a torrential rainstorm.
5.00 **Treehouse Masters** Pete creates a climber's haven.
6.00 **Saved by the Barn** The team host a car wash to raise money.

7.00 How Do Animals Do That?

7.00 How Do Animals Do That? How a fish makes a weapon out of water. **7.30** A look at how cats communicate.

8.00 Extinct or Alive Forrest treks through the world's largest cave in search of the Saola, also known as the Asian Unicorn.

9.00 The Zoo A giraffe travels to its new home in the Bronx, while keepers hand-raise ducklings.

10.00 Tanked Former *Charmed* star Alyssa Milano asks Brett and Wayde to build an elegant aquarium with a built-in wine rack.

11.00 Alaska: The Last Frontier The Kilchers pay tribute to a fallen old friend.
12.00 M'T **Big Cat Tales** Double bill.
2.00 AM **Alaskan Bush People** The Browns flee the mountain during a lightning storm.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **World War II: Secrets from Above** Double bill.
3.00 **Lost Ships of WW2**
4.00 **Apocalypse: The Rise of Hitler** 1/2. A look at the dictator's rise to power. **5.00** 2/2. The run-up to Hitler becoming chancellor.
6.00 **Anne Frank: The Nazi Capture** The story of the diarist's capture from the perspective of the Nazis.

8.00 Car S.O.S

7.00 Construction Fails How Notre Dame cathedral caught fire despite state-of-the-art smoke detection equipment.

8.00 Car S.O.S Tim Shaw and Fuzz Townshend attempt to restrain a 1984 Audi UR Quattro.

9.00 Car S.O.S Tim and Fuzz take on possibly their most obscure car to date – a little-known 1964 trials competition car.

10.00 Car S.O.S Fuzz and Tim help a bricklayer whose 1986 Ford Sierra RS Cosworth was neglected after a family tragedy.

11.00 Ice Road Rescue Thord and Erlend are spooked while attempting to rescue a van beside a graveyard.
12.00 M'T **Air Crash Investigation**
2.55 AM **Food Factory**
3.45 **Made in a Day**
4.10 **Abandoned**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **Death Coast**
10.00 **Adventure Gold Diggers**
2.00 PM **Pawn Stars** Six editions of the series, including at: **4.00** A signed script from *Seinfeld* arrives in the store. **4.30** A WWE Hall of Fame ring.
5.00 **Discovered by Disaster** Unexpected things revealed by catastrophic disasters.
6.00 **Pharaohs at War** The story of the Battle of Kadesh.

5.00 Discovered by Disaster

7.00 Cursed Treasures How the falls of Ancient Egypt, Greece and Rome left the location of many of their greatest riches unknown.

8.00 Cursed Treasures A look at the origins of the curses surrounding the Koh-i-Noor and Neo-Assyrian Stele.

9.00 Airport Security: USA In Hawaii, an aggressive passenger causes trouble for officers and refuses to answer questions.

10.00 Airport Security: USA In San Francisco, a man is detained for violating a restraining order just as he is about to fly abroad.

11.00 History's Greatest Mysteries The mysterious death of John Dillinger, whose life consisted of brazen bank robberies across America.
12.00 M'T **Forged in Fire** A task to forge the Scottish Dirk. **1.00** AM The smiths forge blades in their signature style.
2.00 **Pawn Stars** Six editions.
5.00 **to 6.00** AM **Cursed Treasures**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Bangers & Cash**
11.00 **'Allo 'Allo!** Triple bill.
1.00 PM **Murder, They Hope**
3.00 **FILM Operation Amsterdam** World War Two thriller starring Peter Finch and Eva Bartok. (1959, b/w, PG, 104min) ★★★
5.15 **'Allo 'Allo!** General Von Klinkerhoffen orders Edith to marry Captain Bertorelli.
6.00 **Bangers & Cash** Derek checks out a Citroën 2CV, before admiring a treasure trove of more than 270 motorbikes.

1.00 Murder, They Hope

7.00 Bangers & Cash Derek heads off to collect some vintage motorcycles from a garage at the bottom of a garden.

8.00 Bangers & Cash Derek heads to a toy factory where some vintage motorbikes are stashed.

9.00 Bangers & Cash Derek has his work cut out trying to remove an old Morris that appears to be supporting a garage roof.

10.00 Classic Car Kings Irv helps a collector with a bunch of rusted panels and the dream of a showroom-quality vehicle.

11.00 Bangers & Cash A rare 1980s Sierra Cosworth draws in a crowd of admiring Ford fans. **12.00** M'T Derek dives into the lost Jowett marque, as a Bradford-built 1952 Javelin finds an unexpected home.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **HMS Ark Royal**
8.00 **Mike Brewer: Born Dealer**
9.00 **Wheeler Dealers**
2.00 PM **Mike Brewer: Born Dealer**
3.00 **Shed and Buried**
6.00 **Find It, Fix It, Flog It** In Leyland, Simon O'Brien turns car seats into a three-piece suite. **7.00** A workbench and a vintage exercise bike are restored. **8.00** An item that looks like a fish tank but turns out to have an entirely different use.
9.00 **Massive Engineering Mistakes** In Italy, a bridge comes crashing down. **10.00** In Texas, a refinery explodes with deadly consequences.
11.00 **Outback Truckers**
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **American Monster**
9.00 **American Detective with Lt Joe Kenda** New edition A series of murders puts the residents of a small desert town on high alert.
10.00 **Crime Scene Investigators** New edition When an armed robbery ends in murder, detectives must connect the dots.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Susan Casey.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** The murder of Christopher Green.
7.00 **Bloodline Detectives** Police solve the cold case of Clare Holman. **8.00** In 1976, teenager Janet Stallcup goes missing while on her way to a party.
9.00 **The Killer You Know** Couty Alexander calls police saying that he found his wife shot. **10.00** The slayings of wealthy families leave investigators wondering who will benefit.
11.00 **48 Hours** Exploring the double life of a lawyer. **12.00** M'T The death of Andrew Wagner. **1.00** AM A woman is found dead in her van.
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
2.00 PM **Medical Detectives** Investigating the murder of a TV producer. **2.30** A woman is thought to have accidentally shot herself. **3.00** A woman dies after appearing to suffer side-effects from her prescribed drugs. **3.30** Officers struggle to catch a killer when all of the evidence is lost. **4.00** A young girl's body is discovered 10 days after she disappeared. **4.30** A woman about to testify against her attacker is murdered.
5.00 **The Day I Should Have Died** The story of an aircraft crash survivor.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Released to Kill**
4.00 **48 Hours**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Catching the Killer**
3.00 **Killer in My Village**
4.00 **What the Killer Did Next**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **Killer in My Village**
10.00 **Catching the Killer**
11.00 **World's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murder Uncut**
2.00 **NEW SERIES Richard Ramirez: The Night Stalker Tapes**
3.10 **Murdered at First Sight**
4.05 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **RAF at 100 with Ewan and Colin McGregor**
10.35 **France: The Post War Recovery** 1&2/2.
1.00 PM **America the Bountiful** Documentary.
1.35 **Wrecks That Changed the World** Five editions.
6.35 **RAF at 100 with Ewan and Colin McGregor**
8.35 **France: The Post War Recovery** 1/2. The rebuilding of the French countryside and the growth of French industry in the wake of World War Two. **9.40** 2/2. How France became a country torn between unity and division in the wake of World War Two.
10.50 **When Patsy Cline Was Crazy** A profile of the country music singer.
12.00 M'T **to 2.00** AM **RAF at 100 with Ewan and Colin McGregor**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Morgan Freeman** A profile of the actor.
7.00 **Discovering Tommy Lee Jones**
8.00 **The Directors**
10.00 **The Ringleader: The Case of the Bling Ring** Documentary.
12.00 NOON **Wise Guy: David Chase and The Sopranos**
3.10 PM **Stevie Van Zandt: Disciple** Documentary looking at the musician and actor's career.
6.00 **Billy Joel: And So It Goes** 2/2. The singer-songwriter reflects on his complicated reunion with his absent father and reveals why he chose to reinvent himself time and time again.
9.00 **FILM Amy** Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
11.30 **Music Box** The story of DMX's quest to find redemption.
1.15 AM **The Golden Boy: Oscar De La Hoya** 1&2/2. Documentary about the boxer-turned-promoter.
4.15 **to 6.00** AM **Black Art: In the Absence of Light**

Sky Nature

145 113/114 189 354 369

6.00 AM **Coastal Africa**
8.00 **Baby Animals**
10.00 **Super Shark Highway**
12.00 NOON **Guardians of the Wild**
2.00 PM **Strange Creatures**
4.00 **Big Cats: An Amazing Animal Family** 1&2/2. Documentary.
6.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** 1/2. Exploring the evolution of vertebrates over the past 500 million years.
7.00 2/2. How mammals came to dominate the natural world.
8.00 **Nature's Fast Attacks** 2/2. Capturing lightning-fast strikes in deadly detail.
9.00 **World's Most Toxic Animals** Featuring a look at the world's most venomous spider.
10.00 **Great Blue Wild** Double bill.
12.00 M'T **Nature's Fast Attacks**
1.00 AM **World's Most Toxic Animals** As 9.00pm.
2.00 **Osprey** Following a veteran pair of osprey on an epic journey.
3.00 **Nature's Dress Code: Who Wears What and Why?**
4.00 **to 6.00** AM **Chasing the Rains**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Britain's Most Historic Towns**
11.00 **Digging for Britain**
2.00 PM **Curse of the Ancients**
3.00 **Britain's Most Historic Towns**
6.00 **Digging for Britain** Alice Roberts visits archaeological digs in Dorset, Buckinghamshire, Somerset and Northumberland.
7.00 Rare artefacts found in Happisburgh, Norfolk.
8.00 Alice Roberts attends a dig in the west of Britain.
9.00 **Royal Autopsy** 1/2. Alice Roberts revisits the dying days of King Charles II.
10.00 **Shipwrecks: When History Resurfaces** The relics that litter the Caribbean sea floor from piracy's heyday in the region.
11.00 **Greatest Prison Escapes with Billy Hayes** The story of how eight inmates escaped from a New Mexico detention centre.
12.00 M'T **Ancient Aliens**
3.00 AM **Royal Autopsy**
4.00 **Inside the Tower of London**
5.00 **to 6.00** AM **Greatest Prison Escapes with Billy Hayes**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
11.45 **Hometown Tragedy**
1.05 PM **A Perfect Scam**
3.00 **#Textmewhenyougethome**
4.00 **Murder Masterminds**
5.00 **Accident, Suicide or Murder?**
8.00 **Accused: Did I Do It?** A man faces over 100 years in prison for domestic terrorism.
9.00 **Murder in the Goldfields** 2/2. Examining three baffling murders in the desert of the Western Australian Goldfields
10.15 **The Eunuch Maker** 1&2/2. Documentary examining the crimes of Marius Gustavson, who mutilated paying customers and streamed it online
12.05 AM **Britain's Darkest Taboos**
2.00 **Bodies in the Barrels** Series finale 2/2. A look at how Australia's worst ever serial killers were put behind bars.
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **A Perfect Scam**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: North Carolina**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Big Sur: Wild California**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders castrate an aggressive alpaca, bring a dog back from the brink of death, and save a horse from bleeding out after sustaining a grisly gash.
8.00 **Secrets of the Zoo** A hidden camera captures the birth of a litter of wolves, and a tortoise baffles the vets with a mysterious illness.
9.00 The flamingos get their annual exam, and two manatee orphans arrive at the zoo before returning to the wild.
10.00 **Death at the River**
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers: Reloaded**
10.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Theories surrounding the possibility of time travel.
7.00 Exploring the limits of human knowledge.
8.00 How Earth journeys through the Milky Way.
9.00 **Attack and Capture: The Story of U-Boat 505** The German submarine's capture by the US Navy.
10.00 **Secret Science of the Secret Service** A look at how America protects its president.
11.00 **America's Most Secret: Structures** Behind the scenes of America's most classified sites.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 AM **Combat Dealers: Reloaded**
3.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Africa from Above**
1.00 PM **Africa from Above**
7.00 **Africa from Above** A journey above the far-western reaches of the Zambezi, looking at the largest mammal migration on earth, and exploring Victoria Falls, the world's largest waterfall.
8.00 Exploring the melting pot of African, Arabic and Portuguese traditions in one of Africa's most enigmatic countries – Mozambique.
9.00 The spectacular landscapes of Cameroon, which is renowned for its diversity, from the breathtaking coastal regions on the Atlantic to the shores of Lake Ossa.
10.00 Exploring the landscapes of Botswana, from the salt pans of the Makgadikgadi, over the maze of marshlands and floodplains of the Okavango Delta, to the Kalahari desert.
11.00 **Africa from Above**
5.25 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
10.00 **Never Say Goodbye**
12.00 NOON **Living a Nightmare**
2.00 PM **American Monster**
4.00 **The Perfect Murder**
6.00 **Who Killed Jane Doe?** The discovery of a woman's body off a remote road in Pennsylvania.
7.00 The case of Pamela Knight, who in 2005 vanished on her youngest son's birthday.
8.00 **I Am Homicide** Homicide detective Garry McFadden revisits a case in which a nursing student had to be pulled from her smouldering home.
9.00 **Megan Thee Stallion vs Tory Lanez: Five Shots** The deputy DA who prosecuted Megan Thee Stallion's case recounts the inside story.
10.00 Tory Lanez and his supporters cast doubts on the evidence from the shooting.
11.00 **Lethally Blonde**
12.00 M'T **Mean Girl Murders**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Murder Chose Me**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Garage Rehab**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Texas Metal**
4.00 PM **Engine Addict with Jimmy de Ville** The engineer hunts for a VW Beetle engine in Brazil.
5.00 **Kindig Customs** A simple Pontiac Tempest arrives for a ground-up build.
6.00 Kevin shows off his powder-coating skills on a custom chassis.
7.00 Dave and the team transform a 1948 GMC truck.
8.00 **Massive Engineering Mistakes** Triple bill of editions in which experts analyse what went wrong with the world's extraordinary building mistakes.
11.00 **Auto Trader** A VW Golf owner struggles to sell his car.
11.30 Advice on buying an estate car for camping holidays.
12.00 M'T The best cabriolets.
12.30 AM A man prepares his BMW for a possible future sale.
1.00 **to 5.00** AM **Garage Rehab**

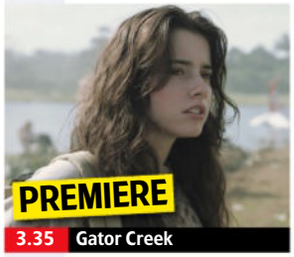
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Gator Creek**
7.35 **The Room Next Door** Drama starring Tilda Swinton. (2024, 12, 102min) ★★★★
9.35 **Sonic the Hedgehog 3** (2024)
11.35 **Kraven the Hunter** As 10pm.
1.45 PM **September 5** As 2am.
3.35 **PREMIERE Gator Creek** Horror thriller starring Athena Strates. (2025, 15, 87min) ★
5.15 **Wicked** Musical with Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★



3.35 Gator Creek

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Long Gone Heroes Action thriller starring Eden Brolin, Andy Garcia and Melissa Leo. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101min)

11.50 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
2.00 AM **September 5** Fact-based thriller with Peter Sarsgaard. (2024, 15, 95min) ★★★★
3.50 **The Sloth Lane** Animated adventure. (2024, PG, 90min)
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

7.25 AM **Star Trek VI: The Undiscovered Country** Sci-fi. (1991, PG, 109min) ★★★★
9.20 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
12.10 PM **Fury** War drama. (2014, 15, 134min) ★★★
2.30 **Trolls Band Together** Animation. (2023, U) ★★★
4.05 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
5.55 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★

10.20 Saturday Night Fever

8.00 Joker: Folie à Deux Musical thriller starring Joaquin Phoenix and Lady Gaga. Struggling with his dual identity, failed comedian Arthur Fleck meets the love of his life, Harleen 'Lee' Quinzel, while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Saturday Night Fever Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. With Karen Lynn Gorney. (1977, 18, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
2.20 **Justice League** Adventure. (2017, 12, 120min) ★★
4.25 **to 6.15** AM **Star Trek: Insurrection** Sci-fi adventure. (1998, PG, 105min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.15 AM **Ben-Hur** As 8.00pm.
11.05 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
1.40 PM **P.S. I Love You** Romantic comedy drama starring Hilary Swank. (2007, 12, 121min) ★★★
4.00 **Girl You Know It's True** Biopic. (2023, 15, 124min) ★★★
6.15 **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★

8.00 Ben-Hur Multi-Oscar-winning epic starring Charlton Heston. In 1st-century Palestine, a Jewish prince and a Roman tribune become mortal enemies. With Stephen Boyd. (1959, PG, 212min) ★★★★★
11.45 **Oh! What a Lovely War** Richard Attenborough's satirical anti-war musical presenting the madness and horror of World War One through a show on Brighton's West Pier. (1969, PG, 144min) ★★★★

2.20 AM **Black Dog** Chinese drama starring Eddie Peng, Tong Liya and Jia Zhangke. Subtitled. (2024, 12, 110min) ★★★
4.15 **to 6.00** AM **You Can Live Forever** Drama starring Anwen O'Driscoll and June Laporte. (2022, 15, 96min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.50 AM **The Pact** As 3.00am.
8.30 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
10.25 **King Kong** As 8.00pm.
1.40 PM **Men in Black 3** Sci-fi action comedy sequel with Will Smith. (2012, PG, 105min) ★★★★
3.30 **The Island** Sci-fi action thriller. (2005, 12, 136min) ★★★
5.55 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★

8.00 King Kong Peter Jackson's spectacular remake of the classic monster movie, starring Naomi Watts, Jack Black and Adrien Brody. A 1930s film crew travel to a mysterious, unexplored island and encounter the 'eighth wonder of the world' – a giant gorilla to whom the natives offer human sacrifices. (2005, 12, 187min) ★★★★
11.20 **Tarot** Horror starring Harriet Slater, Adain Bradley and Jacob Batalon. (2024, 15, 92min) ★★

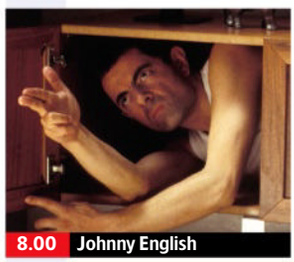
1.05 AM **The Watched** Horror starring Dakota Fanning. (2024, 15, 102min) ★★★
3.00 **The Pact** Mystery thriller with Caity Lotz and Haley Hudson. (2012, 15, 85min) ★★★
4.40 **The Cinema List: Star Trek**
5.00 **to 7.25** AM **The Island** (2005)

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★
7.00 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
8.40 **Ella Enchanted** (2004) ★★★
10.25 **Wicked** (2024, PG) ★★★★
1.05 PM **Journey to the Center of the Earth** (2008, PG) ★★
2.45 **Peter Rabbit** (2018, PG) ★★★
4.25 **Peter Rabbit 2: The Runaway** Adventure. (2021, U) ★★★
6.00 **Sonic the Hedgehog 3** (2024)



8.00 Johnny English Spoof comedy starring Rowan Atkinson as a bungling British spy entrusted with thwarting a dastardly plot to seize the throne. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 Johnny English Reborn Spoof comedy sequel starring Rowan Atkinson and Gillian Anderson. Bungling secret agent Johnny English causes chaos on a global scale when he tries to stop an assassination. With Dominic West. (2011, PG, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
1.35 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
3.45 **Twist** Crime comedy. (2021, 12, 90min) ★★★★
5.30 **to 7.30** AM **Blueback** Drama. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

8.00 AM **Madame Web** (2024)
10.00 **Spider-Man** As 11.25pm.
12.05 PM **Spider-Man 2** As 1.30am.
2.15 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
4.40 **The Amazing Spider-Man** Fantasy starring Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★
7.00 **The Amazing Spider-Man 2** Fantasy sequel starring Tobey Maguire and Emma Stone. (2014, 12, 142min) ★★★

The Amazing Spider-Man 2 (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 Madame Web Fantasy adventure starring Dakota Johnson and Tahar Rahim. A paramedic is granted the gift of foresight while trying to protect three young women from a killer. (2024, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Spider-Man** Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. (2002, 12, 121min) ★★★★
1.30 AM **Spider-Man 2** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2004, PG, 127min) ★★★★
3.40 **to 6.05** AM **Spider-Man 3**

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **Dumb and Dumber** Comedy. (1994, 12) ★★★
9.05 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
11.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
12.55 PM **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
2.55 **Borat Subsequent Moviefilm** Mockumentary. (2020, 15) ★
4.40 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
6.25 **Ace Ventura Pet Detective**

8.00 The Nutty Professor Comedy remake starring Eddie Murphy as a shy, obese college professor who is transformed into a slim, sharp-tongued ladykiller. With Jada Pinkett. (1996, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Nutty Professor II: The Klumps Comedy sequel starring Eddie Murphy. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego by altering his DNA. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
1.05 AM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
2.40 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
4.25 **to 6.05** AM **The Golden Child** Fantasy adventure. (1986, PG, 93min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **The Dry** As 4.15pm.
9.40 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
12.00 NOON **The Da Vinci Code** Thriller starring Tom Hanks. (2006, 12, 149min) ★★★
2.35 PM **Rashomon** As 12.30am.
4.15 **The Dry** Crime drama with Eric Bana and Genevieve O'Reilly. (2020, 15, 117min) ★★★★
6.15 **Dead Shot** Thriller starring Aml Ameen and Sophia Brown. (2023, 15, 92min) ★★★

8.00 Angels & Demons Mystery thriller based on the novel by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 The China Syndrome Thriller starring Michael Douglas, Jane Fonda and Jack Lemmon. (1979, PG, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Rashomon** Japanese director Akira Kurosawa's classic drama. Subtitled. (1950, b/w, 12, 88min) ★★★★★
2.10 **Dangerous Waters** Thriller. (2023, 15, 101min) ★★★
4.00 **to 6.00** AM **Contraband** Action thriller starring Mark Wahlberg and Kate Beckinsale. (2012, 15, 105min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
1.15 PM **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
3.20 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
5.10 **Men in Black II** Sci-fi comedy sequel. (2002, PG) ★★★
6.55 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★

Men in Black 3 (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Men in Black: International Fantasy comedy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Barbarian** Horror thriller starring Georgina Campbell and Justin Long. A woman staying at an Airbnb discovers that the house she has rented is not what it seems. (2022, 18, 102min) ★★★★
1.20 **to 3.25** AM **20,000 Days on Earth** Documentary about celebrated musician Nick Cave. (2014, 15, 97min) ★★★★

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8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

6.45 AM **Transformers One** (2024)
8.40 **Monster House** As 3.55am.
10.20 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
12.30 PM **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
2.30 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
4.40 **Despicable Me** Animation. (2010, U, 94min) ★★★★
6.20 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
8.00 **The Secret Life of Pets** Animated family adventure featuring the voice of Louis CK. (2016, U, 83min) ★★★
9.40 **Wonka** Fantasy adventure with Timothée Chalamet, Calah Lane, Olivia Colman and Hugh Grant. (2023, PG, 116min) ★★★★
11.40 **Transformers One** Animation. (2024, PG, 104min) ★★★★
1.30 AM **Hook** Steven Spielberg's fantasy starring Robin Williams. (1991, U, 140min) ★★★
3.55 **Monster House** Animation. (2006, PG, 91min) ★★★★
5.40 **to 7.25** AM **Penguins of Madagascar** Animated comedy. (2014, U, 88min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.50 AM **Serpico** Crime drama. (1973, 18, 130min) ★★★★
9.10 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
11.10 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
1.20 PM **Gorillas in the Mist** Drama. (1988, 12, 124min) ★★★★
3.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
6.00 **Footloose** Teen dance drama starring Kevin Bacon and Lori Singer. (1984, 12, 107min) ★★★
8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
9.55 **Grease 2** Musical sequel starring Maxwell Caulfield, Michelle Pfeiffer and Adrian Zmed. (1982, PG, 109min) ★★
11.50 **Roxanne** Romantic comedy. (1987, PG, 102min) ★★★★
1.40 AM **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★
3.15 **Kingpin** Crude comedy. (1996, 12, 114min) ★★★
5.10 **to 6.55** AM **HouseSitter** Comedy. (1992, PG) ★★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★
8.55 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
10.45 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.25 PM **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
2.20 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
4.00 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
5.40 **Trolls** Animated musical. (2016, U, 92min) ★★★
7.20 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
9.00 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
10.25 **Piece By Piece** Animation. (2024, PG, 100min) ★★★
12.05 AM **Open Season: Scared Silly** Animation. (2015, PG) ★★★
1.40 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
3.15 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
4.50 **to 6.25** AM **The Swan Princess** Animated musical adventure. (1994, U, 89min) ★★★

Movies 24

312 313 419

7.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
9.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
11.00 **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
1.00 PM **Polar Opposites** Romantic drama. (2025, PG, 84min) ★★
3.00 **Wedding of a Lifetime** Romantic comedy drama. (2022, PG, 84min) ★★
5.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
7.00 **The Journey Ahead** Comedy starring Holly Robinson Peete. (2022, PG, 102min) ★★
9.00 **The Magic of Lemon Drops** Romantic fantasy starring Lyndsy Fonseca. A woman is given four magic lemon drops which let her see how her life would have been with different choices. (2024, PG, 84min) ★★
11.00 **A Royal Makeover** Romantic comedy. (2023, PG, 87min) ★★
1.00 AM **Making Waves** Romantic comedy starring Holland Roden. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Heart of the Manor** Romantic comedy drama. (2021, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beau Geste** 3/8. (S1)
6.35 **Cinebox Memories**
6.40 **Beat the Devil** Comedy thriller. (1953, b/w, U, 89min) ★★★
8.25 **Space Patrol** 18/39. (S1)
9.00 **Batman** 29/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 15/26. (S1)
10.30 **Peril for the Guy** Adventure. (1956, b/w, U, 56min) ★★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Flash Gordon: Purple Death from Outer Space** (1966)
1.45 PM **Cinebox Memories**
1.50 **One Step Beyond** 2/39. (S2)
2.25 **Captain Scarlet and the Mysterons** 31/32. (S1)
3.00 **Linda** (1960, b/w, PG) ★★★
4.15 **The Long and the Short and the Tall** (1960, b/w, PG) ★★★★
6.20 **Scotland Yard** 35/39. (S1)
7.00 **Maigret** 8/13. (S1)
8.00 **A Family at War** 12/19. (S2)
9.05 **Autumn Leaves** Melodrama. (1956, b/w, PG, 107min) ★★★
11.15 **Murphy's Law** Violent thriller. (1986, 18, 96min) ★★★
1.15 AM **On the Yard** Prison drama. (1978, 15, 97min) ★★
3.10 **Captain Apache** Revenge Western. (1971, 12, 94min) ★★
5.00 **One Mile Square**
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
11.00 **LIVE EFL Southampton v Wrexham.** Coverage of the Championship match at St. Mary's Stadium. Kick-off **12.30pm**.
2.45 PM **LIVE The Hundred Oval Invincibles v Manchester Originals.** Coverage of the women's fixture staged at The Kia Oval. Start-time **2.30pm**.
5.15 **LIVE EFL Sheffield United v Bristol City.** Coverage of the Championship match from Bramall Lane. Kick-off **5.30pm**.
8.00 **LIVE PGA Tour Golf** Day three of the St Jude Championship, the opening event in the FedExCup Playoffs, held at TPC Southwind in Memphis. Hideki Matsuyama won this event last year as he finished two strokes clear of Viktor Hovland and Xander Schauffele.
11.00 **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Mental Health: Harry Toffolo**
9.15 **Mental Health: Jason Steele**
9.30 **Elton John: Watford Forever**
9.45 **Paul McGrath: PFA Winner**
10.00 **Transfer 360**
10.30 **Fantasy Show**
11.30 **Premier League Stories**
12.00 NOON **Soccer Saturday Pre-Match** Build-up to this afternoon's football, featuring in-depth interviews and features.
2.00 PM **Gillette Labs Soccer Saturday** Stay up to speed with this afternoon's football up and down the country as goals go in.
5.30 **Gillette Labs Soccer Saturday: Reaction** Interviews and analysis of today's major talking points.
6.00 **Premier League Preview**
7.00 **Fantasy Show** A look ahead to the new Premier League season.
8.00 **Premier League Preview**
9.00 **Transfer 360**
9.30 **Premier League Stories**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Arsenal v Manchester United from 2005.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
9.30 **EFL Cup Highlights** Action from Liverpool v Newcastle United at Wembley Stadium.
10.30 **EFL Highlights** Southampton v Wrexham in the Championship. **10.45** Action from Coventry City v Hull City in the Championship.
11.00 **LIVE EFL Southampton v Wrexham.** Coverage of the Championship match at St. Mary's Stadium. Kick-off **12.30pm**.
3.00 PM **Gillette Labs Soccer Saturday** Stay up to speed with this afternoon's football up and down the country as goals go in.
5.00 **LIVE EFL Sheffield United v Bristol City.** Coverage of the Championship match from Bramall Lane. Kick-off **5.30pm**.
8.00 **EFL** Another chance to see Southampton v Wrexham.
10.00 **EFL Highlights**
1.00 AM **EFL Cup Retro** Another chance to see Manchester City v Sunderland in the 2014 final.
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A re-run of Birmingham Phoenix Women v Trent Rockets Women.
9.15 **The Hundred Bitesize**
10.45 **LIVE The Hundred Oval Invincibles v Manchester Originals.** Coverage from the women's match staged The Kia Oval, London. Start-time **11.00am**.
2.00 PM **LIVE The Hundred Oval Invincibles v Manchester Originals.** Coverage of the men's match from The Kia Oval, London. Start-time **2.30pm**.
5.30 **LIVE The Hundred Welsh Fire Men v London Spirit Men.** Coverage of the match from Sophia Gardens, Cardiff. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.15 **The Hundred** Another chance to see Welsh Fire Women v London Spirit Women.
1.20 AM **Ashes Greats** Adam Gilchrist's performances in 2001.
1.30 **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see Welsh Fire Men v London Spirit Men at Sophia Gardens.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **Ladies European Tour Golf**
11.00 **HotelPlanner Tour Golf**
11.30 **Women's Golf**
12.30 PM **LIVE DP World Tour Golf** Coverage of the third day's play of the Nexo Championship.
5.00 **LIVE Ladies European Tour Golf** Coverage of day two of the PIF London Championship.
6.00 **LIVE PGA Tour Golf** Day three of the St Jude Championship, the first event in the FedExCup Playoffs.
11.00 **Ryder Cup Memories**
1.00 AM **PGA Tour Golf**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **PGA Tour Golf**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tennis**
7.00 **WTA Tennis**
8.00 **WTA & ATP Tennis**
12.00 NOON **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
4.00 AM **Bitesize Tennis**
4.15 **Frances Tiafoe Podcast 2024**
4.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM **LIVE AFL Brisbane Lions v Sydney Swans.** From Brisbane Cricket Ground. Bounce-up **7.15am**.
10.00 **TNT Sports Reload**
10.30 **Men's Cycling**
11.30 **LIVE Cycling** The men's sixth stage of the Tour of Poland, a 147.6km route from Bukovina Resort to Bukowina Tatrzanska.
4.15 PM **TNT Sports Cricket Reload**
4.30 **Premier League Stories**
5.00 **LIVE NWSL Gotham FC v Washington Spirit.** From Sports Illustrated Stadium in Harrison, New Jersey. Kick-off **5.00pm**.
7.15 **Premier League Preview**
8.15 **The Fantasy Show**
9.15 **Premier League Stories**
9.45 **Crouchy and Cole**
10.00 **LIVE UFC** The preliminary bouts from UFC Fight Night at UFC Apex in Enterprise, Nevada.
12.00 M'T **LIVE UFC Roman Dolidze v Anthony Hernandez.** Coverage of the middleweight bout from UFC Apex in Enterprise, Nevada, plus the undercard.
3.30 AM **One Day International Cricket** West Indies v Pakistan.
4.30 **Test Cricket Highlights**
5.30 **to 6.00** AM **British Superbikes**

TNT Sports 2

411 414 522 409 431

6.00 AM **V8 Supercars Highlights**
7.00 **LIVE V8 Supercars Championship** The Century Batteries Ipswich Super 440, held at Queensland Raceway.
8.30 **WRC Review**
9.30 **EWC All Access**
10.30 **TNT Sports Cricket Reload**
10.45 **Discovery Golf**
11.15 **Golden Trail World Series**
11.45 **LIVE T100 Triathlon World Tour** The first day of the fifth round of the season, held at the Royal Victoria Docks, London.
6.30 PM **Onboard**
7.30 **MLB: Off the Bat**
8.00 **MLB Highlights**
9.00 **LIVE MLB San Francisco Giants v Washington Nationals.** Coverage of the National League match from Oracle Park. Start-time **9.05pm**.
12.15 AM **British Superbikes**
12.45 **TNT Sports Cricket Reload**
1.00 **Men's Cycling** Tour of Poland.
2.00 **Men's Cycling Pro Series**
3.00 **Onboard** Season preview.
4.00 **Summer World University Games** A review of this year.
4.30 **WRC Review**
5.30 **to 6.00** AM **What I Wore**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **Lions Legends**
8.30 **Rugby Greatest Games**
8.35 **LIVE NRL Dolphins v Sydney Roosters.** Coverage of the match from the 23rd round of fixtures, held at Suncorp Stadium in Brisbane. Kick-off **8.35am**.
10.35 **LIVE NRL Canterbury-Bankstown Bulldogs v New Zealand Warriors.** Coverage of the match from Accor Stadium in Sydney. Kick-off **10.35am**.
12.35 PM **My Icon**
12.45 **British and Irish Lions Tour**
3.45 **Super League Highlights**
4.00 **Rugby Greatest Games**
4.05 **LIVE Currie Cup Rugby Union Sharks v Free State Cheetahs.** Coverage of the match at Hollywoodbets Kings Park in Durban. Kick-off **4.10pm**.
6.00 **Rugby League Retro**
10.00 **British and Irish Lions Tour**
12.00 M'T **Super League** Warrington Wolves v Wigan Warriors.
2.05 AM **My Icon**
2.15 **Super League Highlights**
3.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.35 **LIVE NRL Dolphins v Sydney Roosters.** Coverage of the match from the 23rd round of fixtures, held at Suncorp Stadium in Brisbane. Kick-off **8.35am**.
10.35 **Sky Sports News**
11.00 **EFL Build-Up** A look ahead to the day's English Football League action across all three divisions.
12.25 PM **LIVE EFL Coventry City v Hull City.** Coverage of the Championship match from Coventry Building Society Arena. Kick-off **12.30pm**.
2.30 **EFL Greatest Games** Luton Town v Blackpool. **2.40** Exeter City v Carlisle United.
2.50 **LIVE EFL West Bromwich Albion v Blackburn Rovers.** All the action from the Championship match at The Hawthorns. Kick-off **3.00pm**.
5.00 **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Mix

416 412 510 429 449

6.00 AM **LIVE NRLW Newcastle Knights v Wests Tigers.**
7.45 **Women's State of Origin**
8.30 **LIVE NRLW Canterbury-Bankstown Bulldogs v New Zealand Warriors.**
10.15 **The Hundred Bitesize**
10.30 **Rugby Greatest Games**
10.35 **LIVE NRL Canterbury-Bankstown Bulldogs v New Zealand Warriors.**
12.35 PM **The Hundred Bitesize**
1.05 **My Icon**
1.15 **Women's State of Origin**
2.00 **My Icon**
2.10 **The Hundred Bitesize**
2.25 **LIVE The Hundred Welsh Fire Women v London Spirit Women.** Start-time **2.30pm**.
5.30 **The Hundred Bitesize**
6.00 **Super League**
8.45 **ATP Tennis**
9.45 **WTA Tennis**
10.45 **The Hundred Bitesize**
11.00 **Formula 1**
12.00 M'T **PL Greatest Games**
1.00 AM **PGA Tour Golf**
2.05 **The Hundred Bitesize**
2.50 **LIVE NRLW Gold Coast Titans v Sydney Roosters.**
4.35 **My Icon**
4.45 **to 6.00** AM **LIVE NRLW Canberra Raiders v Brisbane Broncos.** Kick-off **4.45pm**.

TNT Sports 3

413 415 523 410 432

6.00 AM **Saudi Masters Snooker**
8.00 **UEFA Champions League**
10.00 **Saudi Masters Snooker**
12.00 NOON **LIVE Saudi Masters Snooker** Coverage of the first session of round two from Green Halls in Jeddah, Saudi Arabia.
4.00 PM **MLB Highlights**
5.00 **One Day International Cricket**
6.00 **LIVE Saudi Masters Snooker** The second session of round two from Jeddah, Saudi Arabia.
10.00 **Cycling** The Tour of Poland.
11.00 **Men's Cycling Pro Series**
12.00 M'T **LIVE MLB St. Louis Cardinals v Chicago Cubs.** The National League Central match at Busch Stadium. Start-time **12.15am**.
3.15 AM **MLB Classic**
3.30 **Premier League Preview**
4.30 **to 7.30** AM **LIVE AFL GWS Giants v North Melbourne Kangaroos.** Coverage from Corroboree Group Oval Manuka in Canberra. Bounce-up **4.40am**.

TNT Sports 4

414 416 524 411 434

6.00 AM **Tour de France Women**
7.00 **Men's Cycling**
8.00 **Men's Cycling Pro Series**
9.00 **Ultimate Pool**
10.30 **Onboard**
11.30 **British Superbikes Highlights**
12.30 PM **LIVE British Superbikes** Coverage of the opening day of the sixth round of the season, held at Thruxton in Hampshire.
6.00 **eSports Show**
6.30 **AFL** Another chance to see Richmond Tigers v St Kilda Saints. **8.00** Another chance to see Brisbane Lions v Sydney Swans. **9.30** Another chance to see Carlton Blues v Gold Coast Suns. **11.00** A re-run of Port Adelaide Power v Fremantle Dockers.
12.30 AM **Test Cricket Highlights**
1.31 **Ultimate Pool**
3.00 **Fishing: On the Bank**
4.00 **EWC All Access**
5.00 **Golden Trail World Series**
5.30 **to 6.00** AM **eSports Show**

Premier Sports 1

419 551

6.00 AM **NASCAR Highlights**
7.00 **Transworld Sport**
8.00 **Motorsport**
9.00 **Football's Greatest**
10.00 **Top 14 Rugby Union**
11.00 **FIM Sidecarcross**
12.00 NOON **World Surf League**
1.00 PM **Motorsport**
1.30 **LaLiga Specials**
2.30 **LIVE Football Leeds United v AC Milan.** The friendly match. Kick-off **3.00pm**.
5.15 **LIVE SPFL Rangers v Dundee.** The Scottish Premiership match from Ibrox. Kick-off **5.45pm**.
8.15 **LaLiga Specials**
9.00 **NASCAR Highlights**
10.00 **World of FreeSports**
10.30 **Africa Eco Race**
11.00 **LaLiga Specials**
12.00 M'T **Motorsport**
1.00 AM **Football's Greatest**
2.00 **Ultimate Karting Championship**
3.00 **Transworld Sport**
4.00 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **German Cup**
8.15 **LaLiga Specials**
8.30 **Swedish Speedway**
10.30 **GP Confidential**
11.00 **LaLiga Specials**
12.00 NOON **Pre-Season Football** Real Betis v FC Como.
2.00 PM **LaLiga Specials**
2.45 **LaLiga Match Highlights** Barcelona v Real Madrid.
2.55 **LIVE Football Wolverhampton Wanderers v Celta Vigo.** The friendly match from Molineux. Kick-off **3.00pm**.
5.00 **Football's Greatest**
6.00 **LaLiga Specials**
7.00 **LaLiga** A look back at Real Madrid v Barcelona from 2022/2023.
9.00 **Pre-Season Football** A re-run of Leeds United v AC Milan.
11.00 **LaLiga Specials**
12.00 M'T **NHL: This Is Hockey**
12.30 AM **NHL Ice Hockey**
4.30 **to 6.00** AM **NHL: This Is Hockey**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The F1 Show**
7.00 **Formula 1**
8.00 **GB3 Championship Highlights**
9.00 **GT World Challenge Europe**
12.30 PM **Formula 1**
4.45 **Brad Pitt Drives a McLaren F1**
5.00 **LIVE Indycar** The Grand Prix of Portland second practice session.
6.00 **Hill** A profile of Damon Hill.
7.30 **LIVE Indycar** Coverage of the Grand Prix of Portland qualifying session. Start-time **7.30pm**.
9.00 **Hill** A profile of Damon Hill.
10.30 **Indycar**
12.00 M'T **Formula 1**
1.00 AM **Lewis Hamilton: Why Heritage Matters**
1.30 **LIVE Indycar** The Grand Prix of Portland third practice session.
2.00 **to 6.00** AM **The Home of F1**

Sunday

10 August

Evening Planner

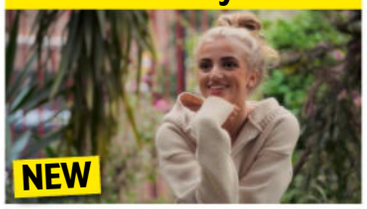
Football

Community Shield
TNT Sports 1, kick-off 3pm
Last season's Premier League winners Liverpool face Crystal Palace, holders of the FA Cup, at Wembley Stadium today.

Crime Drama

Ridley
ITV1, 8pm
Adrian Dunbar's singing former detective returns for a second run – which begins with a violent raid on a jewellery store.

Reality



The Princess Diaries
ITV2, 9pm
A four-parter following Princess Andre, the daughter of Peter Andre and Katie Price, in the run-up to her 18th birthday.

Documentary

Richard Ramirez: The Night Stalker Tapes
Sky Crime, 9pm
Audio interviews conducted with the serial killer while he was on Death Row.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.15 Parenthood		8.15 Antiques Roadshow: VJ Day Special		9.15 The Narrow Road to the...	10.00 News	10.30 Destination X
	102 BBC2	‹ 6.20 Viennese Waltzes at the Proms		8.00 Top Gear		9.00 The Coffee Trail with Simon Reeve		10.00 Film: The Imitation Game	
	103 ITV1	7.00 Cooking with the Stars		8.00 Ridley				10.15 Film: Creed III	
	104 CHANNEL 4	7.00 Our Tiny Islands		8.00 Titanic: Secrets of the Shipwreck		9.00 Celebrity SAS: Who Dares Wins		10.00 8 Out of 10 Cats Does Countdown	
	105 5	7.00 The Air Fryer Diet: Lose Weight, Cook...		8.00 22 Kids & Counting		9.00 Rich Holiday, Poor Holiday		10.00 Killer at the Crime Scene	
	106 SKY SHOWCASE	7.00 Rob & Romesh vs Strongman		8.00 Rob & Romesh vs UFC		9.00 S.W.A.T.		9.50 Tom Davis: Underdog	
ENTERTAINMENT	115 BBC3	7.00 The Gruffalo	7.25 Film: Back to the Future Part III				9.15 Stacey Dooley: Inside the Undertakers	10.15 People Just Do Nothing	
	116 BBC4	7.00 Eisteddfod		8.15 Alfred Brendel: Man and Mask			9.25 Brendel in Performance	10.20 Brendel Plays Mozart...	
	118 ITV2	‹ 6.45 Film: Mamma Mia! Here We Go Again				9.00 The Princess Diaries		10.00 Botched	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Central Intelligence			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 True Detective		10.10 The Wire	
	110 U&GOLD	‹ 6.40 Only...	7.20 Dad's Army	8.00 Red Dwarf			9.15 Men Behaving Badly		10.35 Only Fools...
	111 U&DAVE	7.00 Bradford on Duty		8.20 Would I Lie to You?		9.00 Have I Got a Bit More News for You		10.00 QI	10.35 Mock the...
	119 ITV3	‹ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Junk and Disorderly		8.00 Film: Rocky Balboa				10.10 Film: RoboCop	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: As Good As It Gets			
	139 SKY SCI-FI	7.00 Star Trek: The Next Generation						10.00 Journey's End: The Saga of Star Trek...	
	113 SKY MAX	7.00 Agatha Raisin				9.00 S.W.A.T.		9.50 Freddie Down Under	
	109 U&ALIBI	7.00 Beyond Paradise		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	‹ 6.45 Michael Caine: The Becoming of a...		8.00 Queen: Days of Our Lives					10.40 Agatha...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Land Rush		10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Genghis Khan: The Secret History of...		8.00 Lost Ships of WW2		9.00 Naming the Dead		9.55 Destruction Decoded	
	123 SKY HISTORY	7.00 Viking Dead				9.00 Royal Murder Mysteries			
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 Classic Car Kings		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 An American Bombing: The Road to April 19th				9.00 Ibiza Narcos			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Long Gone Heroes		8.00 Sonic the Hedgehog 3				10.00 September 5	
	302 FAVOURITES	‹ 6.00 Wonka		8.00 Wicked					10.40 Hook
	303 HITS	‹ 5.40 Joker: Folie à Deux		8.00 Justice League				10.10 Lost in Translation	
	304 GREATS	‹ 6.10 Beverly Hills Cop		8.00 Beverly Hills Cop II			9.45 Beverly Hills Cop 3		
	305 ANIMATION	‹ 5.25 Sing	7.20 Hotel Transylvania 2			8.55 The Nut Job			10.30 Sinbad...
	306 FAMILY	‹ 6.00 Stardust			8.10 Peter Pan			10.05 The Karate Kid	
	307 ACTION	‹ 5.05 Spider-Man 3		7.30 The Amazing Spider-Man				9.50 The Amazing Spider-Man 2	
	308 COMEDY	‹ 6.15 Ace Ventura: When Nature Calls		8.00 Bad Teacher			9.40 Miss Congeniality		
	309 THRILLER	‹ 6.10 Layer Cake		8.00 Inferno				10.10 RocknRolla	
	310 DRAMA	‹ 6.10 Dunkirk		8.00 One Life				10.05 Black Dog	
	311 SCI-FI	‹ 6.25 The Purge		8.00 Star Trek Beyond				10.15 Arrival	
	313 FILM4	‹ 6.20 The Hunt for Red October				9.00 Transporter 3			
SPORT	401 MAIN EVENT	7.00 The Hundred – Live: Trent Rockets Men v Northern Superchargers Men (Start-time 6.00)				9.00 PGA Tour Golf – Live: The St Jude Championship			
	402 PREMIER LEAGUE	7.00 PL Preview		8.00 Premier League Years				10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 SPFL				9.00 EFL Goals		10.15 EFL Highlights	
	405 CRICKET	‹ 5.30 The Hundred – Live: Trent Rockets Men v Northern Superchargers Men				9.00 The Hundred Bitesize		10.15 The Hundred	
	410 TNT SPORTS 1	‹ 6.00 Saudi Masters Snooker – Live: Coverage from the second session of round three of the tournament						10.00 Crouchy and...	10.30 Community...
	411 TNT SPORTS 2	7.00 MLB – Live: Milwaukee Brewers v New York Mets (Start-time 7.10)						10.15 UFC	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Scotland's Sacred Islands with Ben Fogle** Ben learns how Arran and Holy Isle are a haven for diverse faiths and beliefs. (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Escape to the Country** (S)(R)
2.30 **Deadly 60** (S)(R)
3.00 FILM **Shaun the Sheep Movie** Animated comedy adventure. (S)(AD) (2015, U, 80min) ★★★★
4.20 **Parenthood** 1/5. Footage of animals and their young. (S)(R)(AD)
5.20 **Garden Rescue** Making over a Oxfordshire garden with a design inspired by Zimbabwe. (S)(R)
5.50 **BBC News** (S)

7.15 Parenthood

6 PM
6.05 **Local News** (S)
6.15 **Countryfile** New edition John Craven celebrates Yorkshire's heritage through traditional grains and age-old crafts – includes a visit to Holgate Windmill. (S)

7 PM
7.15 **Parenthood** New edition 2/5. Footage of rare examples of aquatic animals that raise their young, as opposed to leaving them to fend for themselves. (S)(AD)
■ Entire series on BBC iPlayer

8 PM
8.15 **Antiques Roadshow: VJ Day Special** New edition Fiona Bruce presents a special edition marking the 80th anniversary of VJ Day at the National Memorial Arboretum in Staffordshire. (S)

9 PM
9.15 **The Narrow Road to the Deep North** New episode 4/5. Dorrigo and Amy's affair must end when he is shipped off to war. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Destination X** 3/10. The European bus trip goes off-road and off the rails as the players find themselves in another mystery country. As ever, Rob Brydon has even more tricks up his sleeve. (S)(R)(AD)
11.30 **Destination X** 4/10. With some fresh faces on board, the X-bus crosses a border and makes its way to a country famed for music and rolling hills. Host Rob Brydon arranges for everyone to spend a night in a spooky castle. (S)(R)(AD)
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **A to Z of TV Gardening** (S)(R)
7.15 **Take a Hike** (S)(R)
7.45 **Countryfile** (S)(R)
8.40 **Beechgrove Garden** (S)(R)
9.10 **Weatherman Walking: The Welsh Coast** (S)(R)
9.40 **Saturday Kitchen Best Bites** New edition Series highlights(S)
11.10 **A Cook Abroad: Rachel Khoo's Malaysia** (S)(R)(AD)
12.10 PM FILM **The Importance of Being Earnest** Oscar Wilde's comedy starring Rupert Everett. (S)(AD) (2002, U, 90min) ★★
1.40 FILM **Casablanca** Vintage romantic drama starring Humphrey Bogart and Ingrid Bergman. (S)(AD) (1942, b/w, U, 100min) ★★★★★
3.20 **Natural World: Tiger Dynasty** (R)
4.20 **Fake or Fortune?** (S)(R)(AD)
5.20 **Flog It!** (S)(R)

10.00 The Imitation Game

6 PM
6.20 NEW **Viennese Waltzes at the Proms** The BBC Concert Orchestra are joined by soprano Erin Morley and conductor Anna-Maria Helsing as they celebrate 200 years since the birth of Johann Strauss II, with favourites like *The Blue Danube* and *The Laughing Song*. Plus, gems from Lehár, Kalman and Korngold. (S)

7 PM

8 PM
8.00 **Top Gear** Richard Hammond drives the Porsche 918 Spyder, and Jeremy Clarkson creates a public information film with James May to promote safer cycling. With actor Aaron Paul. (S)(R)

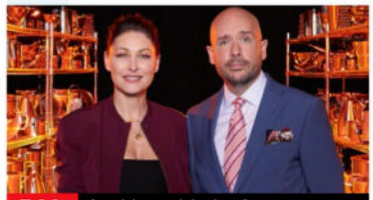
9 PM
9.00 **The Coffee Trail with Simon Reeve** Simon examines the coffee industry in Vietnam, meeting some of the millions of people involved in picking, packing and transporting it to the UK. (S)(R)

10 PM
10.00 FILM **The Imitation Game** Biopic of Alan Turing, who broke vital Nazi codes during World War Two, but was condemned for his homosexuality. Stars Benedict Cumberbatch, Keira Knightley and Charles Dance. (S)(AD) (2014, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 FILM **The Three Faces of Eve** Psychological drama starring Joanne Woodward. A psychiatrist attempts to find a treatment for a woman suffering with multiple-personality disorder. With David Wayne. (S) (1957, PG, 90min) ★★★
1.20 AM **Sign Zone: Parenthood** (S)(R)
2.20 **Sign Zone: Here We Go** (S)(R)(AD)
2.50 **Sign Zone: Mandy** (S)(R)(AD)
3.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Great British Adventure** Snowdonia. (S)(R)(AD)
6.30 **James Martin's Saturday Morning** With Jodie Kidd. (S)(R)
8.25 **Katie Piper's Weekend Escape** New edition With Rachel Parris. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Katie Derham and Simon Williams. (S)(R)
11.25 **Tom Kerridge Cooks Spain** The chef visits Andalucia. (S)(R)(AD)
11.55 **Love Your Coastal Garden** (S)(R)
12.55 PM **ITV News** (S)
1.05 **Ninja Warrior UK** (S)(R)(AD)
2.05 **Shark! Celebrity Infested Waters** The training ramps up. (S)(R)(AD)
3.05 FILM **For Your Eyes Only** James Bond adventure with Roger Moore. (S)(AD) (1981, PG, 150min) ★★★★
5.35 **The Chase** Quiz show. (S)(R)


7.00 Cooking with the Stars

6 PM
6.30 **ITV News** (S)
6.45 **Local News** (S)

7 PM
7.00 **Cooking with the Stars** New edition 2/6. Reality TV star Ekin-Su Cülcüloglu, actor Hugh Dennis, interiors expert Kelly Hoppen and ex-footballer Shaun Wright-Phillips cook for their loved ones. (S)(AD)

8 PM
8.00 NEW SERIES **Ridley** *A Sleeping Tiger:* 1/4. Return of the detective drama series starring Adrian Dunbar. Retired detective Alex Ridley re-enters the gritty world of crime to lend his expertise as police consultant on a perplexing case involving a spate of jewellery raids. With Bronagh Waugh and Terence Maynard. *See feature, page11.* (S2) (S)(AD)
■ Entire series on ITVX

9 PM

10 PM
10.00 **ITV News** (S)
10.15 FILM PREMIERE **Creed III** Boxing drama sequel directed by and starring Michael B Jordan. When an old friend resurfaces after a stint behind bars, Adonis Creed is lured back into the ring to settle an old score. Also stars Tessa Thompson. (S)(AD) (2023, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Teleshopping**
3.00 **Under the Bridge** 4/8. Suman and Manjit fall in love in 1979, and set in motion life-changing events. (S1) (S)(SL)(R)(AD)
3.35 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Motorsport UK** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **Cheers** 13-16/25. (S6) (S)(R)
7.55 **Everybody Loves Raymond** (S)(R)
8.55 **Frasier** 7&8/24. (S9) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Rhys James, Tiwa Savage, Maisie Smith Jason Fox and Sam Ryder. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
3.00 **Four in a Bed** The first venue of the week is Sawcliffe Manor in High Risby, Lincolnshire. (S)(R)
3.30 From Rooms at the Inn in Retford, Nottinghamshire. (S)(R)
4.00 A visit to Wolds Wine Estate in Nottinghamshire. (S)(R)
4.30 From Dovestone Holiday Park in Greater Manchester. (S)(R)
5.00 Payment day arrives. (S)(R)
5.30 **Grand Designs** A recently widowed 82-year-old woman sets out to build an accessible, ultra-sustainable home. (S)(R)(AD)

8.00 Titanic: Secrets of the Shipwreck

6 PM
6.30 **News** (S)

7 PM
7.00 **Our Tiny Islands** 1/4. Exploring some of the UK's smaller islands, as well as the wildlife and communities that inhabit them, including the Isle of Gigha, where Catriona and Tony have settled. (S)(R)(AD)

8 PM
8.00 NEW SERIES **Titanic: Secrets of the Shipwreck** 1/2. The story of how the doomed ocean liner's wreckage was finally discovered in 1985 by a team of US and French scientists and explorers. (S)(AD)

9 PM
9.00 **Celebrity SAS: Who Dares Wins** New edition 3/8. The next phase of training begins as the celeb recruits are woken by explosions in the dorm. (S)(AD)
■ Continues tomorrow

10 PM
10.00 **8 Out of 10 Cats Does Countdown** Joe Wilkinson and Alex Brooker take on Kevin Bridges and Judi Love in the quiz show. (S)(R)
11.00 **The Veil** New episode 4/6. Adilah reveals a secret to Imogen. (S1) (S)
■ Entire series on C4 Streaming
11.55 NEW **Walter Presents: Promethea**
■ Entire series on C4 Streaming
12.55 AM **1,000 Men and Me: The Bonnie Blue Story** (S)(R)(AD)
2.05 **Ramsay's Kitchen Nightmares USA** California. (S)(SL)(R)
2.55 **The Simpsons** (S)(R)(AD)
4.40 **Kirstie's House of Craft** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

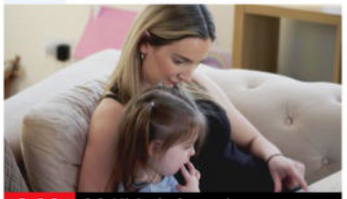
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.00 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.40 **Cruising with Susan Calman** Double bill of editions. (S)(R)
11.35 **Cruising with Jane McDonald** Triple bill of editions. (S)(R)
2.30 PM **LIVE Football** Chelsea v AC Milan: Coverage of this pre-season friendly match from Stamford Bridge. Kick-off is at 3.00. (S)
5.30 **Scotland's Lost Islands with Ben Fogle** Ben explores Scotland's abandoned islands, journeying from Stroma, inhabited 1,000 years ago, to Swona, whose first inhabitants were the Vikings. (S)(R)(AD)



8.00 22 Kids & Counting

6.55 **News** (S)

7.00 **The Air Fryer Diet: Lose Weight, Cook Fast** 1/2. Presenter Cherry Healey compares popular meals with the air fryer versions, while nutritionist Jenny Tschiesche counts the calories. (S)(R)

8.00 **22 Kids & Counting** New edition Chloe drops a bombshell that threatens to disrupt the family pie business, while one of the youngest children helps clean up Morecambe's coastline. (S)

9.00 **Rich Holiday, Poor Holiday** New edition Hard-up friends Gemma and Stacey travel to the Greek island of Zante to experience two wildly different holidays with wealthy couple James and Isabella. (S)

10.00 **Killer at the Crime Scene** Investigating the death of 72-year-old pensioner Jane Hings, whose injuries were consistent with a violent sexual assault. (S)(R)

11.05 **Cold Case Killers** (S)(R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Secrets of the Fast Food Giants** Documentary. (S)(R)
3.50 **The World's Most Expensive Hotels** The Beverly Hilton. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.30 **The Simpsons** (S)(R)
10.00 **The Office (US)** (S9) (S)(R)
12.00 NOON **Discovered by Disaster** Unexpected things revealed by catastrophic disasters. (S)(R)
1.00 PM **Pharaohs at War** Focusing on the Battle of Kadesh. (S)(R)
2.00 **LIVE Cricket: The Hundred** Southern Brave v Birmingham Phoenix: The men's match from the Rose Bowl in Southampton. Start-time is at 2.30.
5.30 **The Simpsons** *My Mother the Carjacker:* Homer's mother asks him for help. Featuring the voice of Glenn Close. (S)(R)

9.50 Tom Davis: Underdog

6.00 **Rob & Romesh vs Golf** Rob Beckett shares his love of the sport with Romesh Ranganathan, with the pair playing a round at St Andrews and taking a lesson from Justin Rose. (S)(R)(AD)

7.00 **Rob & Romesh vs Strongman** The duo enter the world of strongman competitions, heading to Iceland to train with former champion Magnus Ver Magnusson. (S)(R)(AD)

8.00 **Rob & Romesh vs UFC** The comedians enter the world of mixed martial arts, visiting the Ultimate Fighting Championship's International Fight Week in Las Vegas to train with the stars. (S)(R)(AD)

9.00 **S.W.A.T.** New episode *The Sepulveda Protocol:* 4/22. A blackout throws the city into chaos, forcing 20-Squad onto the streets for an emergency patrol day. (S8) (AD)

9.50 **Tom Davis: Underdog** The comedian performs a live stand-up show, covering topics such as leaving school with no qualifications and the road to fatherhood. (S)(R)

11.05 **The Walking Dead: Dead City** 5/8. Maggie takes matters into her own hands. (S2) (S)(R)(AD)
12.00 M'T **And Just Like That...** (R)
12.45 AM **Brassic** (S5) (S)(R)(AD)
1.35 **Road Wars** (S)(R)
2.00 **The Gilded Age** Series finale 8/8. Bertha finalises the guest list for the ball. (S3)
3.20 **Road Wars** (S)(R)
4.10 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.30am Sportscene: Premiership Highlights (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
4.20pm Wales on The One Show (S)(R) **4.50** SOS: Extreme Rescues (S)(R) **5.20-5.50** **NEW** Eisteddfod with Huw Stephens (S) **10.30** Legends of Welsh Sport: Nicky Grist (S)(R) **11.00** Destination X (S)(R)(AD) **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Inis na nIontas (S)(R) **10.55** **FILM** The Imitation Game (S)(AD) (2014, 12, 110min) ★★★★ **12.45am** QI (S)(R) **1.15-1.20am** The Chronicles of Strangford (S)(R)

WALES
Sky 968, Freesat 968
12.10pm The Best Dishes Ever (S)(R) **12.40** **FILM** The Importance of Being Earnest (S)(AD) (2002, U, 90min) ★★ **2.10** **FILM** Casablanca (S)(AD) (1942, b/w, U, 100min) ★★★★★ **3.50** Tiger Dynasty: Natural World (S)(R) **4.50** Fake or Fortune? (S)(R)(AD) **5.50-6.20** Weatherman Walking (S)(R) **10.00** Mortimer & Whitehouse: Gone Fishing (S)(R)(AD) **10.30** Plaid Cymru at 100 (S)(R) **11.30-11.50pm** Coast (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Iolo: Natur Bregus Cymru (AD) **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Cais Quinnell (AD) **12.00noon** Busnes Bwyd **1.00pm** Colli Cymru I'r Môr (AD) **2.05** Arfordir Cymru: Môn **2.35** Codi Hwyl **3.05** Codi Hwyl **3.40** Cymry ar Gynfas **4.10** Ralio: Pencampwriaeth Rali'r Byd 2025 **4.45** **LIVE** Sgorio **7.15** Newyddion a Chwaraeon **7.30** Hafiach (AD) **8.00** Cefn Gwlad (AD) **9.00** Llond Bol O Sbaen **10.00** Ysbyty **11.00-11.35pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Gruffalo** Animated adaptation of Julia Donaldson's children's book, with the voices of Robbie Coltrane and James Corden.
7.25 **FILM Back to the Future Part III** Comedy adventure sequel starring Michael J Fox and Christopher Lloyd. Marty McFly learns that Doc is stranded in the Wild West. (1990, PG, 112min) ★★★★
9.15 **Stacey Dooley: Inside the Undertakers** Stacey spends time at one of the UK's busiest family-run funeral businesses.
10.15 **People Just Do Nothing** 1/5. Grindah contemplates his choice of godfather for Angel's christening. **10.45** 2/5. Beats is left in charge of Kurupt FM. (S2)
11.15 **People Just Do Nothing**
12.45 AM **Dubai Hustle**
1.45 **Sky High Club: Scotland and Beyond**
2.45 **My Mate's a Bad Date**
3.05 **to 4.00** AM **Chloe Ayling: My Unbelievable Kidnapping**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.35 PM **Come Dine with Me** National Heritage worker Gillian hosts the first dinner party from Inverness. **4.10** Designer-label fan Melissa plays host. **4.40** Property tycoon and teetotaller David hosts a nautical evening in Inverness. **5.15** Hairdresser Zarina hosts the fourth evening. **5.50** Former footballer Jamie Tulloch hosts the final dinner party in Inverness.
6.20 **Four in a Bed** The competition begins at the Old Stables, Somerset. **6.50** From Rigsby's Guest House in Hertfordshire. **7.25** The third visit is to The Fairway in Blackpool. **7.55** From the Dent Station in the Yorkshire Dales. **8.25** The winner is revealed.
9.00 **999: On the Front Line** New edition Paramedics are called to a man under arrest, and a mother calls 999 when her six-year-old son suffers a seizure.
10.00 **24 Hours in A&E** Staff and patients talk about the importance of family support.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped's South Korean Adventure**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **NEW Eisteddfod** Huw Stephens presents highlights from Wrexham. **7.30** Huw catches up with some of Wales's top female talent on the main stage.
8.00 **NEW Paul Lewis Remembers... Alfred Brendel** Paul Lewis explains why he considers classical pianist Alfred Brendel both his tutor and mentor.
8.15 **Alfred Brendel: Man and Mask** A profile of the renowned pianist.
9.25 **Brendel in Performance** Alfred Brendel in concert.
10.20 **Brendel Plays Mozart at the Proms 1984** A performance by piano soloist Alfred Brendel.
11.20 **Perfect Pianists at the BBC** Archive performances.
12.20 AM **Ravi Shankar: In Concert** From 1974.
12.55 **Alfred Brendel: Man and Mask** As 8.15pm.
2.05 **Brendel in Performance**
3.00 **to 4.00** AM **Brendel Plays Mozart at the Proms 1984**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.05 **Don't Tell the Bride**
8.05 **Ramsay's Kitchen Nightmares USA**
9.05 **The Big Bang Theory**
1.10 PM **FILM Titanic** Epic drama starring Kate Winslet and Leonardo DiCaprio. (1997, 12, 195min) ★★★★
5.00 **Lego Masters Australia** New edition The teams must replicate a real object that they have chosen from a boulangerie.
6.30 **The Simpsons**
7.00 **The Simpsons** *Alone Again, Natura-Diddily:* Maude Flanders is killed. **7.30** *Lisa's Date with Density:* Lisa falls for Nelson. **8.00** *Beware My Cheating Bart:* Bart falls in love. **8.30** *Dangerous Curves:* Homer and Marge reminisce about their marriage.
9.00 **FILM Central Intelligence** Action comedy starring Dwayne Johnson and Kevin Hart. A rogue CIA agent turns to an old school mate for help when he is targeted by his own organisation. (2016, 12, 107min) ★★★
11.05 **Gogglebox**
12.10 AM **Open House: The Great Sex Experiment**
1.20 **Rick and Morty**
1.50 **Below Deck Down Under**
4.10 **Modern Family**
4.30 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.30 **Caught Red Handed** Six editions, including at: **9.45** Three fly tippers are caught in the act. **10.30** A post office is raided by two knifemen. **11.15** How social media was used to catch the culprit behind the theft of a charity tin.
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare** Ten editions of the documentary.

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Matlock** *A Guy Named Greg:* 3/19. Matty's rusty trial skills are put to the test during a wrongful termination case. (S1)

10 PM
10.00 **The Rookie** *Chaos Agent:* 10/18. John, Lucy and Angela investigate the stabbings of three teenage girls. (S7)
11.00 **FBI: Most Wanted** (S5)
1.00 AM **Law & Order: Special Victims Unit** 1/13. (S25)
2.00 **Elsbeth** New episode 14/20. The lawyer takes a tour of New York City crime scenes. (S2)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Triple bill.
9.00 **Six Feet Under** 4–8/13. (S3)
2.25 PM **Game of Thrones** 7/10. Ned confronts Cersei about Jon Arryn's death. **3.35** 8/10. Battle commences as the Lannisters launch their bid for the throne. **4.40** 9/10. Ned faces a fateful decision to save Sansa's life. **5.45** 10/10. Catelyn confronts Jaime about Bran's fall. (S1) **6.50** 1/10. Stannis Baratheon sets his sights on the Iron Throne. (S2)

9.00 True Detective

7.55 **Game of Thrones** *The Night Lands:* 2/10. Tyrion chastises Cersei for alienating Joffrey's subjects, and Theon is reunited with his father on the Iron Islands. (S2)

9.00 **True Detective** *Other Lives:* 5/8. Ray and Frank contemplate new life choices, while Ani and Paul follow a lead. (S2)

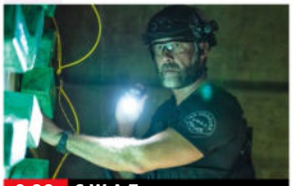
10.10 **The Wire** *The Detail:* 2/13. McNulty and Bunk bring D'Angelo in for questioning about the murder of a witness. (S1)
11.15 **In Treatment** (S1)
11.40 **Succession** 8&9/10. (S2)
2.05 AM **The Gilded Age** Series finale 8/8. Bertha finalises the guest list. (S3)
3.25 **The Leftovers** 7/10. (S2)
4.30 **In Treatment** (S1)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** 5/22. (S10)
7.00 **Grimm** 7–10/13. (S6)
11.00 **Resident Alien** Eight episodes of the series, including at: **2.00** PM 4/8. Mike and Liv make a huge discovery. **3.00** 5/8. Asta and D'arcy take a drastic step. **4.00** 6/8. Mike helps Liv face her biggest fear. **5.00** 7/8. Ben begins to grow suspicious of Mike and Liv's investigation. **6.00** 8/8. Harry and Asta team up with an unlikely ally. (S3)



9.00 S.W.A.T.

7.00 **Agatha Raisin** *There Goes the Bride:* 4/4. The sleuth reluctantly promises to attend James's wedding, but the nuptials take a sinister turn when a body is found on the morning of the big day. (S4)

9.00 **S.W.A.T.** New episode *The Sepulveda Protocol:* 4/22. A blackout throws the city into chaos. (S8)
9.50 **Freddie Down Under** On Australia's east coast, Freddie and Rob prepare to swim with sharks before spending the night in an unusual camping spot.
10.50 **The Walking Dead: Dead City** 5/8. Negan makes some big moves, while Maggie decides to take matters into her own hands. (S2)
11.50 **Road Wars**
12.50 AM **Brassic** 6/8. (S5)
1.50 **The Force: Manchester**
3.50 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Georgia and Tommy: Happy Essex After**
11.50 **Deal or No Deal**
1.55 PM **99 to Beat**
3.00 **FILM Charlotte's Web** Screen version of EB White's classic children's book, starring Dakota Fanning. (2006, U, 97min) ★★★
4.55 **FILM Trolls** Animation with the voices of Anna Kendrick and Justin Timberlake. (2016, U, 92min) ★★★

6.45 Mamma Mia! Here We...

6.45 **FILM Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. With Pierce Brosnan. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **NEW SERIES The Princess Diaries** Reality series following Princess Andre as she navigates the road to adulthood.

10.00 **Botched** Paul Nassif takes on a patient who tried to treat her own skin cancer and ended up with a hole in her nose.
11.00 **Family Guy** 8/20. Brian begins spying on his neighbours. **11.30** 3/20. Lois's parents hire a nanny called Natalia. (S16)
12.05 AM **American Dad!** (S12)
1.05 **The Stand Up Sketch Show**
2.00 **Buffering** 5/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Lewis** *Old School Ties.*
8.00 **FILM Carry On Behind** Carry On comedy starring Kenneth Williams. (1975, PG, 90min) ★★
10.00 **Agatha Christie's Poirot**
11.55 **Foyle's War**
1.55 PM **The Darling Buds of May**
4.05 **Agatha Christie's Marple** *They Do It with Mirrors:* An old friend of Miss Marple, worried about a fire at her family home, contacts the sleuth – who soon finds herself investigating a murder.

8.00 Doc Martin

6.00 **Midsomer Murders** *The Magician's Nephew:* A magician becomes the prime suspect when his assistant dies on stage.

8.00 **Doc Martin** *Mysterious Ways:* 1/8. Portwenn is abuzz with activity for the preparation of Janice and Penhale's wedding.

9.00 **Doc Martin** *Sons and Lovers:* 2/8. Louisa searches for a nursery, and Ruth is approached about selling her farm. (S8)

10.00 **Vera** *Protected:* The detective is called in when the son of a prominent local family is discovered murdered on the beach.
11.50 **Joan** 1/6. A woman gets a job at a jewellery store, where one action changes her life. **12.55** AM 2/6. Boisie wants Joan to smuggle stolen jewellery to Spain. (S1)
1.55 **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Today's action, featuring Aberdeen v Celtic and Hibernian v Kilmarnock.
8.15 **The Repair Shop on the Road** Dominic and Will discover the sport of pram racing in Sussex.
9.00 **Paramedics on Scene** A man collapses at work due to COVID-19.
10.00 **Still Game** 9/9. Victor wins a dog in a pub competition. (S2)
10.30 **Scot Squad** 2/6. The detectives smash a smuggling operation. (S4)
11.00 **Edinburgh Unlocked** With actors Brian Cox and Miriam Margolyes.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** Exploring the concept of police confirmation bias.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S1&2)
10.15 **Veep** 4–6/10. (S2)
12.00 NOON **Girls** (S3)
2.55 PM **Divorce** (S1&2)
6.30 **The Office (US)** 5/25. Jim and Pam fight over his new job. **7.00** 6/25. Dwight makes a guest appearance on a radio show. **7.30** 7/25. Dwight has trouble making a sale. **8.00** 8/25. Angela learns that her husband is having an affair. **8.30** 9/25. Erin seeks comfort after a text-message from Andy. (S9)
9.00 **Veep** 1/10. Dan vies with Amy to become Selina's campaign manager. **9.35** 2/10. Jonah sets up a political blog. (S3)
10.15 **Tom Davis: Underdog**
11.30 **And Just Like That...**
12.10 AM **Sex and the City**
1.30 **Entourage** (S2)
2.45 **Somebody Somewhere**
3.50 **to 5.00** AM **2 Dope Queens**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Charles Hazlewood: Beethoven & Me**
7.00 **Academy of Ancient Music: Four Seasons**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Comedy Legends**
2.00 **The Genesis Songbook**
3.15 **Opry Live**
4.15 **André Rieu: Power of Love** A 2024 concert.
6.45 **Michael Caine: The Becoming of a Hollywood Star**
8.00 **Queen: Days of Our Lives** Exploring the story of the extravagant British rock band. **9.20** The peak of the rock outfit's success.
10.40 **Agatha Christie Hour**
11.40 **Alfred Hitchcock Hour**
12.40 AM **The Ghost of Richard Harris**
3.00 **From the Artists Den**
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Discovering: The Cure**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Star Trek: The Next Generation** (S1&2)
2.00 PM **Caught on Dashcam** Road disasters captured on video.
3.00 **Nothing to Declare**
3.30 **Border Security: Canada's Front Line**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** *Dye Hard:* 3/22. Nolan is assigned his first rookie. **9.00** *The Choice:* 4/22. Rosalind returns with a vengeance and Bailey's life is left hanging in the balance. (S5)
10.00 **NCIS: Los Angeles** (S14)
12.00 M'T **Caught on Dashcam**
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune** Game show hosted by Graham Norton.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, in which a contestant attempts to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard, in which contestants drop tokens down a choice of four chutes in the hope of winning up to £10,000.
12.00 M'T **Wheel of Fortune**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
12.00 NOON **Murder, She Wrote** Five episodes of the drama, including at: **3.00** PM *Death Stalks the Big Top – Part One:* Jessica searches for a long-lost relative. **4.00** *Death Stalks the Big Top – Part Two:* Jessica risks her life.
5.00 **FILM Star Trek: Insurrection** Sci-fi adventure starring Patrick Stewart. (1998, PG, 105min) ★★★
7.15 **FILM In the Line of Fire** Thriller starring Clint Eastwood and John Malkovich. (1993, 15, 127min) ★★★★
9.50 **The New Avengers** (S1)
11.50 **The Avengers** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial** New edition
7.00 **Motorsport UK**
8.00 **World Rally Championship**
9.00 **English Football League**
10.30 **British Touring Car Championship Highlights**
12.00 NOON **Cadfael**
1.35 PM **The Casebook of Sherlock Holmes**
2.40 **Made in Britain**
3.15 **World of Sport**
3.30 **LIVE Racing: Sky Bet Sunday Series** Round five from Haydock Park.

8.00 Rocky Balboa

7.00 Junk and Disorderly Henry Cole heads to the Cotswold Oil Engine and Preservation Society's bring and buy sale.

8.00 FILM Rocky Balboa Drama sequel starring Sylvester Stallone. Former boxer Rocky Balboa lives a quiet life until he's offered the chance to return to the ring to fight the reigning heavyweight world champion. (2006, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 FILM RoboCop Sci-fi crime thriller starring Peter Weller and Nancy Allen. A murdered cop is transformed into an indestructible cyborg policeman. With Ronny Cox. (1987, 18) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Berlin Station** 3/10. (S1)
1.15 **BattleBots**
2.10 **The Protectors**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM 20.0 Megaquake** Sci-fi drama with William Baldwin. (2022, PG, 90min) ★★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 3/20. A mystery man manipulates the team. **5.00** 4/20. Ronon is captured by the Wraith. (S3)
6.00 **Star Trek: The Next Generation** 23/26. Data suspects the ship may be thinking for itself. (S7)

11.00 The Leftovers

7.00 Star Trek: The Next Generation *Pre-emptive Strike:* 24/26. A group of Federation ships attack a Cardassian vessel.

8.00 Star Trek: The Next Generation *All Good Things:* 25&26/26. Feature-length finale. Captain Picard drifts between time warps and must enlist Data's help to save mankind. (S7)

10.00 Journey's End: The Saga of Star Trek – The Next Generation A look back at Gene Roddenberry's series.
11.00 **The Leftovers** 1/10. Police chief Kevin Garvey and his family join a mysterious exodus. **12.00** M'T 2/10. After the riots, Kevin, Nora and Jill try to pick up the pieces. **1.00** AM 3/10. Tom rescues a Guilty Remnant recruit. (S2) **2.00** 4&5/10. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S17)
9.45 **Inspector Alleyn Mysteries**
12.00 NOON **Father Brown**
4.00 PM **Maisie Raine** 3/6. A game show host is stalked. **5.00** 4/6. Maisie helps find a couple's missing daughter. (S1)
6.00 **Beyond Paradise** 1/6. First episode of the *Death in Paradise* spin-off starring Kris Marshall. Humphrey Goodman and fiancée Martha Lloyd settle in Devon, where she runs a restaurant, while he joins the local police. (S1)

4.00 Maisie Raine

7.00 Beyond Paradise 2/6. Humphrey investigates a perplexing case involving the sudden disappearance of an entire family. (S1)

8.00 Death in Paradise *Murder on the Airwaves:* 7/8. A radio presenter is murdered live on air. With Richard Blackwood.

9.00 Death in Paradise *Murder Begins at Home:* 8/8. Jack discovers a dead body in the police station. (S8)

10.00 Father Brown *The Folly of Jephthah:* Flambeau seeks Father Brown's help to get rid of an unwanted rival.
11.00 **Shakespeare & Hathaway: Private Investigators** 1/10. Frank and Lu help to expose a mole within a tech company. **12.00** M'T 2/10. Guest stars Ruthie Henshall. (S4)
1.00 AM **Beyond Paradise**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Sandylands**
7.30 **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Ten episodes, including at: **4.00** A weeping statue in the local church gives Del an idea for a money-making scheme. **4.40** The Trotters are caught up in an attempted robbery. **5.20** The Trotter brothers fall for the same woman. **6.00** Rodney's plans to make a film are spoiled by Del Boy. **6.40** A millionaire offers Del a share in his business empire.

9.15 Men Behaving Badly

7.20 Dad's Army Mainwaring's platoon try to raise money for the local Spitfire fund by having a bash at Morris dancing.

8.00 Red Dwarf Kryten falls head over heels in love with a female mechanoid. **8.35** The crew discover a miraculous machine.

9.15 Men Behaving Badly Gary tries to make life as difficult as possible for Dorothy and Jamie. **9.55** Gary receives a spectacularly ill-timed visit from his father.
10.35 Only Fools and Horses The Trotters try to help a damsel in distress.
11.15 **Only Fools and Horses**
1.15 AM **I Didn't Know You Cared** Uncle Mort reveals his desired place of burial. **1.55** Annie and Pat enjoy the fruits of gainful employment.
2.40 **Back to Life**
3.10 **to 4.00** AM **Dad's Army**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers Everyday Gourmets** Dinner for two.
8.00 **American Pickers**
10.00 **The Boat That Guy Built**
11.00 **Top Gear** Double bill.
1.00 PM **Celebrity Storage Hunters** Double bill.
3.00 **Hairy Bikers' Best of British**
5.00 **Mediterranean with Simon Reeve** Simon explores Cyprus, Lebanon, Israel and Gaza. **6.00** Simon travels through Libya and discovers a mountain fortress in Tunisia before crossing the sea to Sicily.

7.00 Bradford on Duty

7.00 Bradford on Duty The police, fire service and council battle to protect Bradford's young people from anti-social behaviour.
8.20 Would I Lie to You? With Aisling Bea, June Brown, Adrian Chiles and Seann Walsh.
9.00 Have I Got a Bit More News for You Charlie Brooker the satirical quiz, with guests Grayson Perry and Angela Barnes.
10.00 QI With Vic Reeves, Clive Anderson and Jo Brand.
10.35 Mock the Week With Katherine Ryan, Milton Jones and Ed Gamble.
11.20 **Mock the Week** With Ed Byrne and Sara Pascoe.
12.00 M'T **Live at the Apollo** With Nabil Abdulrashid, Jake Lambert and Rachel Fairburn.
1.00 AM **Schitt's Creek**
3.00 **to 4.00** AM **8 Out of 10 Cats Best Bits**

7 PM
8 PM
9 PM
10 PM

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **George Clarke's Amazing Spaces**
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun**
7.00 **A Place in the Sun: What Happened Next?** Danni Menzies revisits Marie and Chris in Manilva, southern Spain.
8.00 **Supercruising: Life at Sea** The *MS Nieuw Statendam* circles the Caribbean.
9.00 **Gogglebox**
11.05 **FILM xXx: The Next Level** Action thriller sequel starring Ice Cube. (2005, 12, 97min) ★★
1.05 AM **Air India Crash: What Went Wrong?**
2.05 **The Manhattan Project in Colour**
3.05 **Titanic: Secrets of the Shipwreck**
4.05 **Four in a Bed**
4.35 **to 4.50** AM **Kirstie's House of Craft**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Blue Bloods** (S6)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *And Executioner:* 22/24. Officers find a secret account funding a nationwide network of vigilante justice. **7.00** *Lost Time:* 23/24. The team investigate the murder of a Marine sergeant. **8.00** *Daughters:* 24/24. An ex-FBI agent pleads with Gibbs to take down local drug dealers. (S16)
9.00 **NCIS: Hawaii** *Cabin Fever:* 19/22. Ernie investigates the death of an astronaut. (S2)
10.00 **Law & Order: Special Victims Unit** (S17)
12.00 M'T **The Resident**
1.55 AM **Criminal Minds: Evolution** 3/22. (S16)
2.55 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S1)
10.00 **Extreme Nightmare Tenants** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Officers chase a car driving the wrong way down the M62. **6.00** Duncan and dog Tia join forces with the firearms unit. **7.00** A runaway driver rams a police car after a failed burglary. **8.00** Ben and Steve pursue a dangerous driver in Bradford.
9.00 **999: Emergency Call Out** Documentary.
10.00 **Surgeons: A Matter of Life or Death**
11.00 **Trauma Room One**
12.00 M'T **Making a Serial Killer** Documentary.
1.00 AM **Acts of Murder**
2.00 **Prodigal Son** (S2)
3.30 **to 4.00** AM **Highway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Motorway Patrol**
9.40 **Red Bull Soapbox Race**
11.45 **Ice Road Truckers**
1.40 PM **Trucking Heavy: Massive Moves**
2.45 **FILM Whispering Smith** Western with Alan Ladd. (1948, PG, 90min) ★★
4.40 **FILM Vengeance Valley** Western adventure starring Burt Lancaster. (1951, PG, 90min) ★★
6.25 **FILM McLintock!** Comedy Western, an updated version of *The Taming of the Shrew*, starring John Wayne. (1963, U, 127min) ★★★
9.00 **FILM The Patriot** Epic period drama starring Mel Gibson and Heath Ledger. (2000, 15, 167min) ★★★
12.15 AM **Motorway: Hell on the Highway**
3.20 **Motorway Patrol**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **Inside the Vets**
1.00 PM **Inside the Vets**
6.00 **999 Rescue Squad** Paramedics rescue a man who has been crushed by his own car.
7.00 **Inside the Ambulance** A woman suffers the most serious nose bleed the paramedics have ever witnessed. **8.00** Paramedics try to save a man bleeding heavily from his arm.
9.00 **Inside the Operating Theatre** A woman needs to have a polyp removed from her womb. **10.00** A man needs an ultrasound to confirm whether he has cancer.
11.00 **Deadly Waters with Captain Lee** Double bill.
12.55 AM **Dangerous Breed: Crime. Cons. Cats**
1.50 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
12.25 PM **Kingdom**
3.25 **Catherine Cookson's The Wingless Bird**
6.40 **Call the Midwife** 1/9. A new recruit joins the team in April 1968. (S12)
8.00 **Sister Boniface Mysteries** *Dem Bones:* 7/10. Human bones are discovered in Edie's allotment plot. (S1)
9.00 **Silent Witness** *A Guilty Mind:* Nikki investigates the suicide of a professor suspected of being responsible for three deaths.
11.15 **Whitstable Pearl** *Oysters Kilpatrick:* 3/6. A food critic suddenly drops dead in the Whitstable Pearl. (S3)
12.15 AM **Death in Holy Orders** PD James thriller.
2.10 **Hamish Macbeth**
3.00 **to 4.00** AM **The Count of Monte Cristo**

+1 hr 243 316 60 260

Sunday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family** Featuring a woman whose teenage discovery changed her life, and a mother longing to find the son she felt she let down as a baby.
8.00 **Long Lost Family: What Happened Next** Following a woman to Jamaica as she meets her youngest sister.
9.00 **Dr Pimple Popper**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea** .

Challenge

130/131 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** An edition focusing on Halloween.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?**
4.00 **Tenable** Double bill of the quiz show.
6.00 **The Chase Celebrity Special** With guests Susie Dent, Anthony Crolla, Ellie Taylor and Harry Redknapp.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With guests Jay Rayner, Lucy Porter, Krishnan Guru-Murthy and Steve Davis.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **Wanted: Dead or Alive** Western drama.
8.50 **FILM Once Upon a Texas Train** Western. (1987, PG, 100min) ★★
10.55 **Wanted: Dead or Alive**
12.55 PM **FILM The Canadians** Adventure. (1961, U, 85min) ★★
2.50 **FILM Cast a Long Shadow** Western. (1958, b/w, U, 82min) ★★
4.45 **FILM 40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
6.55 **FILM The True Story of Jesse James** Biopic starring Robert Wagner. (1956, PG, 92min) ★★
9.00 **FILM Triple Cross** Thriller. (1966, PG, 126min) ★★
11.40 **FILM Saints and Soldiers** Adventure. (2003, 15, 87min) ★★★
1.40 AM **FILM Deadly Voltage** Adventure. (2015, PG, 84min) ★★
3.30 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Sue Thomas: F.B.Eye**
1.00 PM **FILM Garage Sale Mysteries: Pandora Box Murders** Drama. (2018, PG, 90min) ★★
3.00 **FILM The Gourmet Detective: Death Al Dente** Murder mystery. (2015, PG, 90min) ★★
5.00 **FILM The Gourmet Detective: Eat, Drink & Be Buried** Mystery. (2017, PG, 83min) ★★
7.00 **FILM The Gourmet Detective: Roux the Day** Mystery. (2020, PG) ★★
9.00 **FILM Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
10.55 **FILM My Evil Stepdad** Thriller. (2019, PG) ★★
12.55 AM **FILM Fatal Trust** Thriller. (2016, 12) ★★
2.50 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM A Mother Betrayed** Thriller. (2015, PG) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Calling for Love** Romantic comedy. (2020, PG, 90min) ★★
10.05 **FILM Love at Mariposa Beach** Romantic drama. (2022, PG, 90min) ★★
12.00 NOON **FILM Forever in My Heart** Drama. (2019, U, 90min) ★★
2.05 PM **FILM Farmer Seeking Love** Comedy. (2022, PG, 90min) ★★
4.00 **FILM Love at the Ranch** Romantic drama. (2020, PG, 89min) ★★
6.05 **FILM Sealed with a Kiss** Romantic drama. (2015, PG, 115min) ★★
8.00 **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
9.55 **FILM Love's Last Resort** Drama. (2017, PG) ★★
11.50 **FILM Destination Wedding** Comedy. (2017, PG, 84min) ★★
1.55 **to 5.00** AM **Highway to Heaven**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Lucky Feller** (S1)
10.00 **Carry On Laughing**
11.00 **Plymouth Rock**
11.30 **Please Sir!** (S1)
12.20 PM **Mysterious Tales**
12.30 **FILM Follow a Star** Vintage comedy starring Norman Wisdom. (1959, b/w, U, 103min) ★★★
2.30 **In Loving Memory** (S3)
3.30 **Secrets of the Coast**
4.00 **Tracing the Rails**
4.30 **Jack Hargreaves' Old Country**
5.00 **Walking Westward**
5.30 **In Loving Memory** (S3)
6.00 **We Had One of Those**
6.10 **Jokers Wild**
6.40 **Please Sir!** (S1)
8.20 **Jokers Wild**
8.50 **The Strange World of Gurney Slade**
9.25 **Police Woman** (S1)
10.25 **Dark Skies** (S1)
12.25 AM **FILM Follow a Star**
2.25 **Auto Rewind**
2.40 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Iron Resurrection**
7.00 **Expedition Bigfoot**
9.00 **Alien Encounters: Fact or Fiction** A lobsterman from Maine relives a harrowing encounter that still haunts him.
10.00 A musician captures a strange object flying over a highway in California.
11.00 **Expedition X** Jess and Phil's investigation off the coast of Catalina Island heats up.
12.00 M'T Ghostly sightings coming from an abandoned canal along the Potomac.
1.00 AM Missing hiker reports in the Great Smoky Mountains.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin's Brittany** Four editions.
3.00 **The Great British Bake Off** Six editions.
9.00 **River Cottage Every Day** Hugh Fearnley-Whittingstall takes his passion for cooking into people's homes.
10.00 Hugh shows some students how to prepare dishes using cheap, sustainable seafood.
11.00 Hugh turns his attention to vegetables as he tempts Bridport shoppers with crudites.
12.00 M'T Hugh visits a typical suburban street to champion the delights of fresh fruit.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Polar Storm** Sci-fi action adventure. (2009, PG, 92min) ★★
9.00 **The Fall Guy**
2.00 PM **FILM Brothers of the Frontier** Western. (1995, U, 87min) ★★
3.50 **FILM True Grit: A Further Adventure** Western adventure. (1978, PG, 104min) ★★
5.45 **FILM The Conqueror** Historical drama. (1955, PG, 107min) ★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Drive** Thriller with Ryan Gosling. (2011, 18, 100min) ★★★★★
11.00 **FILM Beyond the Law** Thriller starring DMX and Steven Seagal. (2019, 15, 89min) ★
12.50 AM **FILM A Violent Man** Prison drama starring Craig Fairbrass. (2022, 18, 105min) ★★
2.55 **to 4.50** AM **FILM Lust for a Vampire** Horror. (1970, 18, 95min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Airplane vs Volcano** Disaster drama. (2014, 15, 91min) ★
8.00 **FILM Apocalypse of Ice** Sci-fi disaster drama. (2020, PG, 88min) ★★
10.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
12.00 NOON **FILM Boot Hill** Comedy Western. (1969, PG, 91min) ★★
2.00 PM **FILM Ape vs Monster** Adventure. (2021, 12, 88min) ★★
4.00 **The A-Team** (S4)
9.00 **FILM Assault on Precinct 13** John Carpenter's cult thriller with Austin Stoker. (1976, 15, 90min) ★★★★★
10.50 **FILM The Young Cannibals** Horror starring Megan Purvis. (2020, 15, 100min) ★★
1.00 **to 3.00** AM **FILM Assault on Precinct 13** As shown at 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **Alien Corridors**
12.00 NOON **UFOs: The Lost Evidence** Double bill.
2.00 PM **Container Wars**
5.00 **Storage Wars**
8.00 **Secret Societies: In the Shadows**
9.00 **Forbidden History** Experts use forensic archaeology to unlock the secrets of an advanced, lost civilisation.
10.00 **Egypt's Unexplained Files** Modern science helps uncover the secrets of health and wealth.
11.00 Whether colossal volcanoes toppled an ancient dynasty.
12.00 M'T **Close Encounters Down Under**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.15 **All Creatures Great and Small** 2&3/7. (S2)
11.20 **Columbo** Five episodes of the drama, including at: **6.00** PM *Death Lends a Hand:* Columbo locks horns with a private eye who turns to murder when his attempts at blackmail prove fruitless.
7.30 **Porridge: 50 Years of Laughs** A look back at the prison-based sitcom.
9.00 **Sid James: Comedy Icon** A profile of the comedy actor, best known for starring in many films of the *Carry On* franchise.
10.30 **Bradley Walsh's Comedy Heroes** The actor's favourite sitcoms.
12.00 M'T **The 1970s Diet**
1.00 AM **Nazi Megastructures**
2.00 **Digging Up Britain's Past** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Five editions of the property series in which people search for their ideal rural retreats.
6.00 **Mini Reni** Joanna Gaines collaborates with a design employee to create a magical playroom full of surprises and multifunctional spaces for her three kids.
6.30 Joanna works within a small budget and even smaller rooms to create a moody yet charming palette for practical spaces like a mudroom and art studio.
7.00 **A Place in the Sun** Six editions featuring advice on buying a second home abroad.
1.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **7 Little Johnstons**
7.00 **Good Bones**
8.00 **Sister Wives** The family gather in Wyoming.
9.00 **Jay & Pamela**
10.00 **My Strange Addiction: Still Addicted?**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **My Strange Addiction: Still Addicted?**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Blockbusters**
9.00 **Stupid Central**
10.00 **Friends** (S6)
1.00 PM **Friends** (S6)
9.00 **FILM As Good As It Gets** Comedy starring Jack Nicholson, Helen Hunt and Greg Kinnear. A misanthropic and neurotic novelist gradually rediscovers his humanity through his encounters with a painter and a single mother. With Cuba Gooding Jr. (1997, 15, 138min) ★★★★
11.40 **Stupid Central**
12.40 AM **MTV Cribs: Comedians Specials** With Big Zuu and Charity Shop Sue.
1.10 **Whose Line Is It Anyway? USA**
2.10 **South Park**
3.10 **Beavis and Butt-Head**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S4&5)
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 12/25. Phoebe's frank attitude causes Monica and Rachel to lose their tempers.
7.30 13/25. Rachel gives advice on being more independent to her sister. Guest stars Reese Witherspoon.
8.00 14/25. Rachel tries to stop her sister from embarking on a relationship with Ross.
8.30 15/25. The pals ponder what might have been. (S6)
9.00 **Friends** (S8&9)
2.00 AM **Impractical Jokers**
3.00 **Key & Peele**
5.00 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
8.00 **Border Patrol**
10.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
6.00 PM **Highway Patrol**
9.00 **Reginald the Vampire** *Halfway to a Threeway:* 6/10. Tonight is the night that Reginald and Sarah make all of their dreams come true.
10.00 *The Last Day of Our Acquaintance:* 7/10. Reginald finds himself in a love triangle.
11.00 *The Odyssey:* 8/10. Reginald sets out on a mission to find Abraham.
12.00 M'T *No One Dies for Failing the Sats:* 9/10. Reginald must figure out a way to survive.
1.00 AM *Reginald Andres Beyond Thunderdome:* 10/10. The Assessment has finally arrived. (S1)
2.00 **A League of Their Own**
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **Catfish: The Dramatic** Daisy wants to know why Marcus won't speak to her on the phone.
9.00 **Badass Brides** History teacher Rachael plans the perfect medieval themed-wedding.
10.00 **Ink Master: OGs vs Young Guns** The artists must tattoo precise portraits of service dogs.
11.00 **Jersey Shore Family Vacation** Things get personal at dinner.
12.00 M'T **The Challenge: Vets & New Threats**
1.30 AM **Caught in the Act: Unfaithful**
2.20 **I Used to Be Fat**
3.10 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **3.00** PM Sonia Havill is putting her skills to the test by building an off-grid cottage **4.00** Two builders team up to experiment with mushrooms as a building material. **5.00** A 29-year-old woman builds a 2,000-square-foot dream home in Arizona.
6.00 **Scrap Kings** In Oldham, a magistrates' court is torn down, while in Halifax, car brake discs are given new life.

7.00 Alaska: Homestead...

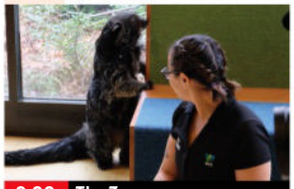
7.00 **Alaska: Homestead Rescue** The Raneys look into the unexplained disappearances of a Virginia homestead's water and food sources.
9.00 **Land Rush** Danny cuts the logs he needs for his cabin but he can't move them to his site.
10.00 **Street Outlaws: Locals Only** Local racers in Idaho race for $5,000 in cash, and hot competition takes favourites out of the race early. The last racer standing will face Damon.
11.00 **Roadworthy Rescues** 2/2. Derek battles fluid leaks and bad brakes to get the Turd Bird back to Vice Grip Garage.
12.00 M'T **Alaskan Bush People**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** A wildfire prompts Marty to create an evacuation ark for the Grants' livestock.
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Treehouse Masters** Pete saddles up to build a treehouse with a Wild West theme.
6.00 **Bad Dog!** A dog that keeps chasing an ice-cream van, and a cat that steals food.


9.00 The Zoo

7.00 **How Do Animals Do That?** Why moths are attracted to flames. **7.30** Why spiders don't get stuck in their webs.
8.00 **Little Giants** A search for the mighty whip scorpion. **8.30** The team work to track down the tomato frog of Madagascar.
9.00 **The Zoo** The geladas have a life-threatening heart condition, and after a shaky start, the elephant shrews are breeding.
10.00 **Tanked** Film director Kevin Smith seeks a new home for two turtles and a tortoise, giving Brett and Wayde a challenging job.
11.00 **Alaska: The Last Frontier** The pressure is on Jane and Atz Lee as they set out for their last hunt of the year
12.00 M'T **Fish or Die**
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Little Giants**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
9.00 **Colossal Machines**
11.00 **Megafactories**
12.00 NOON **Car S.O.S**
2.00 PM **Secrets of Neuschwanstein Castle**
3.00 **Bloody Tales of the Tower** Why it took five blows to behead the Duke of Monmouth. **4.00** The fates of three people imprisoned for treason. **5.00** The deaths of Anne Boleyn and Catherine Howard.
6.00 **Lost Tomb of Genghis Khan** The Mongol leader's burial site.

7.00 Genghis Khan

7.00 **NEW SERIES Genghis Khan: The Secret History of the Mongols** The rise to power of the leader of the Mongol empire.
8.00 **Lost Ships of WW2** New edition The sinking of the USS *Juneau*, which left soldiers stranded at sea for eight days.
9.00 **Naming the Dead** New edition Using genetic genealogy to crack cold cases.
9.55 **Destruction Decoded** A look at the stories behind 10 infamous train and plane disasters.
10.55 **Secret Nazi Science** Nazi scientists' efforts to prepare the natural world for Nazi rule.
11.55 **Air Crash Investigation**
1.55 AM **Inside Airport Lost & Found** A sentimental 40th anniversary gift is recovered.
2.55 **Food Factory** Double bill.
3.45 **Abandoned**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars** Four editions.
8.00 **Alone** Survival series.
9.00 **Pawn Stars** Double bill.
10.00 **Secrets of the Lost Liners**
2.00 PM **Storage Wars** Six editions of the series, including at: **4.00** Darrell stumbles over a curious collection. **4.30** Mary's locker brings out her inner voice.
5.00 **Digging Up Britain's Past** Alex Langlands and Helen Skelton learn about the legend of Robin Hood. **6.00** Secrets about life during the Black Death.

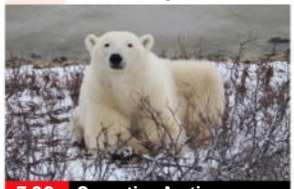
6.00 Digging Up Britain's Past

7.00 **Viking Dead** How a well-preserved Viking ship found in 1904 continues to present experts with new mysteries to unravel.
8.00 **Viking Dead** A look at the discovery of various sites where Vikings had buried treasure.
9.00 **Royal Murder Mysteries** The fate of Josslyn Hay, the controversial 22nd Earl of Erroll and staunch supporter of Hitler.
10.00 **Royal Murder Mysteries** The enduring mystery of whether Princess Anastasia of Russia escaped the Bolsheviks.
11.00 **Secrets Declassified with David Duchovny** The unexpected gadgets relied upon by spies – from modified toys saving informants to hair-based disguises.
12.00 M'T **The UnBelievable with Dan Aykroyd** The actor examines some odd dwellings.
1.00 AM **Storage Wars** Six editions.
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash** Triple bill.
2.00 PM **Man and Beast with Martin Clunes** Double bill.
4.00 **Canal Boat Diaries** Robbie Cumming explores Kinver. **4.30** Robbie attempts to navigate the River Severn. **5.00** A journey from Stratford-upon-Avon to Birmingham. **5.30** A 170-mile journey across the north of England. **6.00** Robbie travels down the Leeds and Liverpool Canal. **6.30** Robbie explores the Victorian village of Saltaire.


7.00 Operation Arctic

7.00 **Operation Arctic** Gordon Buchanan discovers how the remote Canadian town of Churchill is kept safe from polar bears.
8.00 **Classic Car Kings** Irv helps a collector with a bunch of rusted panels and the dream of a showroom-quality vehicle.
9.00 **Bangers & Cash** Derek heads to a toy factory where some vintage motorbikes are stashed.
10.00 **Bangers & Cash** Derek checks out a 1985 Renault 4 and an MGB Roadster that hasn't seen the light of day for 36 years.
11.00 **Bangers & Cash** In the 100th edition, Derek heads to Northumberland to collect a rare 1975 NSU RO 80. **12.00** M'T On the way to pick up two 1970s Lotus sports cars, Derek takes to the skies for his first ever helicopter flight.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Find It, Fix It, Flog It**
10.00 **The Repair Shop**
1.00 PM **LIVE British Superbikes** Coverage of round six from Thruxton in Hampshire, featuring races two and three.
6.00 **The Yorkshire Auction House** Angus clears a garage packed to the brim with rare antiques.
7.00 **Johnny Vegas' Little Shop of Antiques** On a Staffordshire buying trip, Johnny buys a Beatles fan portrait.
8.00 **Salvage Hunters** Drew and Al buy from sellers who share their love for country house antiques.
9.00 **The Repair Shop** Four editions of the series.
1.00 AM **Aircrash Confidential**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **On the Case**
7.00 **On the Case with Paula Zahn** The search for the man who killed a single mother.
8.00 **On the Case with Paula Zahn** A student disappears.
9.00 **A Killer's Mistake** The case of murderer Malcolm Webster.
10.00 **A Killer's Mistake** A man starts living with a wealthy older woman.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Melissa White.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** In Michigan, police receive a call reporting that a beloved couple have been found dead in their home.
7.00 **Bloodline Detectives** The body of 16-year-old Krisann Baxter is found in Washington. **8.00** Krista Martin's life is tragically cut short because of an intruder.
9.00 **The Killer You Know** When a hooded man shows up, Pamela Lawson thought he was her boyfriend's friend. **10.00** Focusing on three chilling newlywed cases.
11.00 **48 Hours** The 2020 murder of 33-year-old Kassanndra Cantrell.
12.00 M'T **48 Hours**
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
12.00 NOON **Voice of a Serial Killer** Evil lies close to home in the investigation into the disappearance of Becky Watts.
1.00 PM **Uncovering Melanie's Murderer** How DNA profiling can enhance traditional investigative techniques.
2.00 **Medical Detectives** Six editions of the series.
5.00 **The Day I Should Have Died** The case of Amanda Wright, whose mother was murdered by family friend John Dickinson, as he tried to kill both of them before setting fire to the house.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
2.00 AM **Donal MacIntyre's Released to Kill**
4.00 **48 Hours**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Murder Uncut**
4.00 **Catching the Killer**
4.55 **World's Most Evil Killers**
5.50 **How I Caught the Killer**
6.45 **The Cheshire Murders**
9.00 **NEW SERIES Richard Ramirez: The Night Stalker Tapes** 1/2. The life of the serial killer.
10.15 **Method of a Serial Killer** Israel Keyes.
12.00 M'T **Catching the Killer**
1.00 AM **The Real Manhunter**
2.00 **Murders That Shocked the Nation**
3.00 **Love You to Death**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
9.00 **Ancient Egypt: Life and Death in the Valley of the Kings**
11.40 **Cleopatra: Portrait of a Killer** As 10.45pm.
1.15 PM **Immortal Egypt with Joann Fletcher**
6.25 **Ancient Egypt: Life and Death in the Valley of the Kings**
8.55 **NEW Trump's Power & the Rule of Law** The high-stakes showdown between President Trump and the US courts over presidential power.
10.45 **Cleopatra: Portrait of a Killer** Following the discovery of a skeleton that archaeologists believe to be the sister of Cleopatra VII, Neil Oliver examines the reign of the ruthless Egyptian queen.
12.00 M'T **Symbols of Evil**
1.10 **to 2.00** AM **America the Bountiful**

SUNDAY

Sunday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Michael Douglas** A profile of the actor.
7.00 **Discovering: Roy Scheider**
8.00 **The Directors**
9.00 **Laurel and Hardy: Their Lives and Magic** Documentary.
11.00 **FILM Busby** A look at the career of former Manchester United manager Matt Busby. (2019, PG, 102min) ★★★
1.00 PM **Everton: Howard's Way** The story of Everton's trophy-winning peak in the 1980s.
3.10 **FILM The Alpinist** Documentary about elusive climber Marc-André Leclerc. (2021, 12, 92min) ★★★★
5.00 **FILM Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
7.00 **An American Bombing: The Road to April 19th** Homegrown political violence in the US.
9.00 **Ibiza Narcos** Triple bill.
12.00 M'T **Money Electric: The Bitcoin Mystery** Documentary.
2.00 AM **Val** Documentary.
4.00 **to 6.00** AM **The End of the Storm**

Sky Nature

145 113/114 189 354 369

6.00 AM **Coastal Africa**
8.00 **My Wild Cats**
10.00 **Baboons: Rules of the Troop**
11.00 **The Ocean's Greatest Feast**
12.00 NOON **Guardians of the Wild**
2.00 PM **Wild Pacific Rescue**
5.00 **Animal Senses**
8.00 **David Attenborough's Natural History Museum Alive** The broadcaster takes an after-hours stroll around the Natural History Museum.
9.15 **Micro Monsters with David Attenborough** Battles and rivalries within the world of bugs. **9.40** A look at how creepy-crawly predators defuse the defences of their prey.
10.05 **Great Blue Wild** Palau's battle against man-made environmental destruction. **11.00** The manta rays living in the vibrant reef ecosystem of Raja Ampat, Indonesia.
12.00 M'T **Baboons: Rules of the Troop** Following four families of baboons across Africa.
1.00 AM **Vet Adventures**
4.00 **to 6.00** AM **Chasing the Rains**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Britain's Most Historic Towns**
11.00 **Digging for Britain**
2.00 PM **Curse of the Ancients**
3.00 **Britain's Most Historic Towns**
6.00 **Digging for Britain** Exploring Anglo Saxon history in Bamburgh, Northumberland. **7.00** Discoveries that shed light on the Tudor Age. **8.00** Alice Roberts visits archaeological digs in the east of the country.
9.00 **Royal Autopsy** 2/2. Revisiting the death of Queen Elizabeth I.
10.00 **Cursed Histories** The Egyptian royals who promise turmoil for anyone who dares disturb their 'eternal rest.'
11.00 **Close Encounters** Three men find their close encounter has lasting repercussions. **11.30** A man and his son spot strange lights in Michigan.
12.00 M'T **Ancient Aliens**
3.00 AM **Cursed Histories**
4.00 **Royal Autopsy**
5.00 **to 6.00** AM **Shipwrecks: When History Resurfaces**

Crime+Investigation

156 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Nightmare in Suburbia**
1.00 PM **Killer Britain with Dermot Murnaghan** Double bill.
3.00 **A Perfect Scam**
7.00 **When Missing Turns to Murder** A successful London automotive businessman fails to return from holiday.
8.00 **The Real Murders of Atlanta** A mother-of-two disappears a few weeks before Halloween.
9.00 **Bodies in the Barrels** Series finale 2/2. A look at how Australia's worst ever serial killers were put behind bars.
10.00 **Cold Case Files** An estate agent mysteriously vanishes.
11.00 **Last Night Out**
12.00 M'T **Secrets of Penthouse**
1.00 AM **Secrets of the Hells Angels**
2.00 **A Perfect Scam**
3.00 **Bodies in the Barrels**
4.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Wild India**
11.00 **Savage Kingdom: Uprising**
1.00 PM **Malika the Lion Queen**
3.00 **Desert Lions: Skeleton Coast**
4.00 **Secrets of the Zoo: Tampa**
6.00 **NEW SERIES Critter Fixers: Country Vets** A greyhound suffers a seizure at the clinic.
7.00 **Europe's New Wild** A look at the return of European bison and grey wolves to the Carpathian mountains.
8.00 **Investigation Shark Attack** New edition First-hand accounts of encounters with tiger sharks in Hawaiian waters.
9.00 **Wonders of the Ocean** 1/2. A look at the wildlife inhabiting Pacific Islands. **10.00** 2/2. Ocean-dwelling creatures try to avoid becoming prey and attempt to find a mate to breed the next generation.
11.00 **Snakes in the City** A nun flees for her life from a spitting cobra.
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** How the most iconic buildings of the ancient worlds were built. **7.00** Deep in the Iraqi desert, investigators use new technology to unearth the truth about the ancient city of Nippur. **8.00** Experts use pioneering technology to investigate the city of Palenque in Mexico, which is home to mysterious temples that harbour secrets about the Maya queens.
9.00 **Salvage Hunters: The Restorers** Metal worker Ted revives a model fairground. **10.00** Blacksmith Nev and stained-glass maker Gordon revamp a gothic lantern. **11.00** French polisher Alex tackles a fussball table.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Inside the Ambulance**
11.00 **999 Rescue Squad**
12.00 NOON **Inside the Ambulance**
1.00 PM **999 Rescue Squad**
3.00 **Inside the Ambulance**
5.00 **999 Rescue Squad**
6.00 **Inside the Ambulance** Loz and Dan rush to a man who is fighting for breath with sudden chest pain.
7.00 **999 Rescue Squad** A truck driver is trapped in his crushed cab after a motorway smash. **8.00** A woman fights for her life after being knifed by her former partner.
9.00 **Inside the Ambulance** A man is in agony after having his kidney stones removed. **10.00** Hannah and Amy treat a teenager whose pain has left her unable to speak.
11.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance**
1.00 AM **999 Rescue Squad**
2.55 **Inside the Ambulance**
4.30 **to 6.00** AM **999 Rescue Squad**

+1hour 266 376

ID

154 141 166

8.00 AM **I'd Kill for You**
10.00 **Love, Honor, Betray**
12.00 NOON **Disappeared**
2.00 PM **Homicide City: Charlotte**
4.00 **Swamp Murders**
6.00 **Home Sweet Homicide** The case of real estate agent Beverly Carter, who vanished after meeting a new client. **7.00** The discovery of a murder scene among the charred ruins of a mansion.
8.00 **Disappeared** The case of 19-year-old Danice Day.
9.00 **Signs of a Psychopath** A missing person's report leads police to a psychopath.
10.00 **The Playboy Murders** A *Playboy* assistant revels in the LA nightlife scene until her mysterious death.
11.00 **Born Evil: The Serial Killer & the Saviour** Detectives take Hadden and Jesus on road trips to hunt for bodies and clues.
12.00 M'T **The Lake Erie Murders**
2.00 AM **I Am Homicide**
4.00 **to 6.00** AM **Killer Unknown**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Fifth Gear Recharged**
7.00 **Wheeler Dealers** Mike decides to take a gamble on a Ford P100 imported from South Africa to Scotland – but it's hit with a series of problems. **8.00** To celebrate the series' 20th anniversary, Mike and Elvis set out to restore a Ford Fiesta Mark 1 and stage the show's largest ever car meet. **9.00** Mike nabs a Ford Focus at a bargain price, but Elvis finds the engine needs a full rebuild. **10.00** Mike gets his hands on a vehicle that has evaded him for decades – a Mark 1 Ford Transit. **11.00** Mike has a tip from an unusual source – his electrician, who is selling a classic Ford Escort XR3i. **12.00** M'T Mike lands a Ford Escort Mk1 for £4,500.
1.00 **to 5.00** AM **American Chopper**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Buffalo Kids** As 3.10am.
8.00 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
9.40 **September 5** As 10.00pm.
11.25 **Sonic the Hedgehog 3** (2024)
1.25 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
4.05 **Kraven the Hunter** Fantasy starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★
6.15 **Long Gone Heroes** Thriller starring Eden Brolin and Andy Garcia. (2024, 15, 101min)

6.15 Long Gone Heroes

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 September 5 Fact-based thriller starring Peter Sarsgaard. During the 1972 Summer Olympics, a US sports broadcasting team adapt to live coverage of the Israeli athletes being held hostage. (2024, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
1.20 AM **Rumours** Horror comedy. (2024, 15, 104min) ★★★
3.10 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
4.40 **to 6.30** AM **The Thicket** Western. (2024, 15) ★★★

Sky Cinema Hits

303 303 403 503 517

6.15 AM **Star Trek VI: The Undiscovered Country** (1991)
8.15 **Star Trek: Generations** (1994)
10.20 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
12.00 NOON **David Brent: Life on the Road** (2016, 15) ★★
1.40 PM **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
3.35 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
5.40 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★

10.10 Lost in Translation

8.00 Justice League Sci-fi adventure starring Ben Affleck, Amy Adams, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Lost in Translation Comedy drama starring Bill Murray and Scarlett Johansson. A Hollywood actor and a young woman strike up a friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **A League of Their Own** Comedy starring Tom Hanks. (1992, PG, 124min) ★★★★
2.05 AM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
3.45 **to 6.00** AM **The Sum of All Fears** Action thriller. (2002, 12, 119min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Rurangi** As 4.35pm.
7.40 **Funny Girl** As 1.55am.
10.20 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
12.45 PM **Black Dog** As 10.05pm.
2.50 **You Can Live Forever** (2022)
4.35 **Rurangi** Drama with Elz Carrad. (2020, 15, 87min) ★★★★
6.10 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★

8.00 One Life Fact-based drama starring Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
10.05 Black Dog Chinese drama starring Eddie Peng and Tong Liya. As part of a patrol tasked with clearing stray dogs before the 2008 Olympics, a worker bonds with a hound. Subtitled. (2024, 12, 110min) ★★★

12.05 AM **You Can Live Forever** Drama with Anwen O'Driscoll. (2022, 15, 96min) ★★★
1.55 **Funny Girl** Musical biopic starring Barbra Streisand. (1968, U, 169min) ★★★★
4.35 **to 6.35** AM **Wildhood** Drama. (2021, 15, 108min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.25 AM **Lovely, Dark, and Deep**
9.05 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
11.55 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
1.55 PM **Arrival** As 10.15pm.
4.05 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
6.25 **The Purge** Horror thriller starring Ethan Hawke and Lena Headey. (2013, 15, 85min) ★★★

8.00 Star Trek Beyond Sci-fi adventure starring Chris Pine and Zachary Quinto. The USS *Enterprise* is lured into a deadly trap, which leaves the crew stranded on an unexplored alien world. (2016, 12, 122min) ★★★★
10.15 Arrival Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★

12.20 AM **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
2.00 **Hannibal Rising** Thriller prequel. (2007, 18, 116min) ★★★
4.15 **The First Purge** Horror thriller prequel. (2018, 15, 98min) ★★
5.55 **to 7.30** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Johnny English** Comedy. (2002, PG, 88min) ★★★
9.00 **Johnny English Reborn** Comedy. (2011, PG) ★★★
10.45 **Peter Rabbit** (2018, PG) ★★★
12.25 PM **Peter Rabbit 2: The Runaway** (2021, U) ★★★
2.05 **The BFG** (2016, PG) ★★★★
4.05 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
6.00 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★

6.00 Stardust

8.10 **Peter Pan** Adventure based on JM Barrie's classic play, starring Jeremy Sumpter and Rachel Hurd-Wood. The Darling children leave their bedroom to fly to Neverland with Peter Pan. With Jason Isaacs. (2003, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

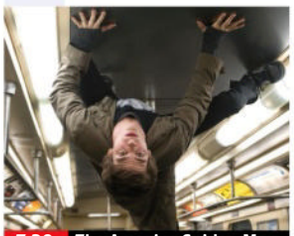
10.05 **The Karate Kid** Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
2.10 **Zathura: A Space Adventure** Sci-fi fantasy adventure. (2005, PG, 113min) ★★★★
3.55 **Pups United** Adventure. (2015, U, 89min) ★★★
5.35 **to 7.10** AM **A Tiger's Journey** Drama. (2023, PG) ★★★

Sky Cinema Action

307 307 407 507 521

6.05 AM **The Amazing Spider-Man** As 7.30pm.
8.25 **The Amazing Spider-Man 2**
10.50 **Madame Web** As 12.20am.
12.50 PM **Spider-Man** As 2.25am.
2.55 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
5.05 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
7.30 **The Amazing Spider-Man** Fantasy starring Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★



7.30 The Amazing Spider-Man

The Amazing Spider-Man (film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Madame Web** Fantasy starring Dakota Johnson. (2024, 12, 116min) ★★★
2.25 **Spider-Man** Fantasy adventure starring Tobey Maguire and Kirsten Dunst. (2002, 12, 121min) ★★★★
4.35 **to 6.50** AM **Spider-Man 2**

Sky Cinema Comedy

308 308 408 508 522

6.05 AM **Kangaroo Jack** (2003) ★
7.40 **Wimbledon** (2004, 12) ★★★
9.25 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
11.05 **Nutty Professor II: The Klumps** (2000, 12) ★★★
1.00 PM **The Truman Show** Comedy. (1997, PG) ★★★★
2.50 **Horrible Bosses** (2011) ★★★
4.30 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
6.15 **Ace Ventura: When Nature Calls** (1995, PG) ★★★

8.00 Bad Teacher

8.00 **Bad Teacher** Comedy starring Cameron Diaz and Justin Timberlake. A gold-digging teacher will stop at nothing to find a rich husband. With Lucy Punch and Jason Segel. (2011, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
1.35 AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
3.10 **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
5.20 **to 7.05** AM **Ferris Bueller's Day Off** Teen comedy. (1986, 12, 103min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Greedy People** (2024)
8.00 **Paradise Highway** (2022)
10.00 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
11.40 **Angels & Demons** Thriller. (2009, 12, 138min) ★★
2.05 PM **Contraband** Action thriller with Mark Wahlberg. (2012, 15, 105min) ★★★
4.05 **Paradise Highway** Thriller. (2022, 15, 115min) ★★★★
6.10 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★

10.10 RocknRolla

8.00 **Inferno** Director Ron Howard's adaptation of the Dan Brown thriller, starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **RocknRolla** Guy Ritchie's crime comedy thriller starring Gerard Butler and Tom Wilkinson. Two East End crooks trigger a feud between a London crime boss and a Russian mobster. (2008, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Greedy People** Comedy. (2024, 15, 113min) ★★★★
2.20 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
4.05 **to 6.00** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ron's Gone Wrong** Animated family comedy. (2021, PG, 107min) ★★★★
1.10 PM **Tooth Fairy** Family comedy. (2010, PG, 101min) ★★★
3.15 **Transformers: Dark of the Moon** Sci-fi adventure sequel. (2011, 12, 154min) ★★★
6.20 **The Hunt for Red October** Cold War thriller starring Sean Connery and Alec Baldwin. (1990, PG, 135min) ★★★★

11.05 Life

The Hunt for Red October (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Transporter 3** Action thriller sequel starring Jason Statham, Natalya Rudakova and François Berléand. The Transporter is pressured into taking the kidnapped daughter of a Ukranian official from Marseilles to Odessa. (2008, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Life** Sci-fi thriller starring Jake Gyllenhaal and Rebecca Ferguson. Scientists on the International Space Station fight for survival when an alien life form is brought on board. (2017, 15, 104min) ★★★★
1.10 **to 3.30** AM **Jimmy's Hall** Ken Loach's fact-based period drama starring Barry Ward. (2014, 12, 107min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.25 AM **Cloudy with a Chance of Meatballs** As shown at 2.40am.
9.00 **Rugrats Go Wild** As 4.15am.
10.25 **Wicked** As shown at 8.00pm.
1.05 PM **Despicable Me** Animation. (2010, U, 94min) ★★★★
2.50 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
4.30 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★

6.00 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
8.00 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★
10.40 **Hook** Steven Spielberg's fantasy adventure starring Robin Williams and Dustin Hoffman. (1991, U, 140min) ★★★
1.05 AM **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★

2.40 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
4.15 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
5.40 **to 8.05** AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

6.55 AM **Roxanne** Romantic comedy. (1987, PG, 102min) ★★★★
8.45 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
10.45 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
12.45 PM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
2.45 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★

4.30 **National Lampoon's Christmas Vacation** Festive comedy. (1989, PG, 103min) ★
6.10 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy and Brigitte Nielsen. (1987, 15, 99min) ★★★
9.45 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. (1994, 15, 104min) ★★

11.30 **Clerks** Kevin Smith's comedy. (1994, b/w, 18, 92min) ★★★★
1.05 AM **'About Last Night...'** Drama. (1986, 18, 113min) ★
3.00 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
5.05 **to 6.45** AM **National Lampoon's Christmas Vacation** As 4.30pm.

Sky Cinema Animation

305 305 412 500 514

6.25 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
7.45 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
9.25 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
11.00 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
12.40 PM **Trolls** Animated musical. (2016, U, 92min) ★★★

2.20 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
4.00 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
5.25 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
7.20 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
8.55 **The Nut Job** Animated family comedy. (2014, U, 85min) ★★★
10.30 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
12.00 M'T **Scarygirl** (2023, PG) ★★★

1.35 AM **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
3.10 **DC Super Hero Girls: Legends of Atlantis** As 6.25am.
4.30 **to 6.05** AM **The Inseparables** Animated family adventure. (2023, U, 90min) ★★★

Movies 24

312 313 419

7.00 AM **Game, Set, Love** Romantic comedy. (2022, PG, 84min) ★★
9.00 **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
11.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
1.00 PM **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
3.00 **PREMIERE** **Hats Off to Love** Romance starring Ginna Claire Mason. (2025, PG, 84min) ★★

5.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
7.00 **Sweet as Pie** Romantic comedy starring Rhiannon Fish and Kurt Szarka. (2022, PG, 93min) ★★
9.00 **A Match in Manhattan** Romantic drama starring Kalinka Petrie and Jefferson Brown. A teacher fallen on hard times becomes an au pair to an infamous New York property tycoon. (2024, PG, 90min) ★★
11.00 **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★

1.00 AM **Hearts Under the Olive Tree** Romantic comedy drama. (2023, PG, 89min) ★★
3.00 **to 5.00** AM **The Blessing Bracelet** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Arrest Bulldog Drummond** Thriller. (1939, b/w, U, 57min) ★★
7.10 **Dick Tracy Returns** Thriller. (1938, b/w, PG, 90min) ★★★
9.10 **By the Dome It's Known**
10.25 **What's On TPTV with Noel**
10.35 **The Beverly Hillbillies** (S1)
11.10 **Frontier Gun** Western. (1958, b/w, U, 70min) ★★★
12.40 PM **Look at Life**
12.50 **Worzel Gummidge** 7/8. (S2)

1.25 **Batman** 29/60. (S2)
2.00 **Malta Story** Wartime drama. (1953, b/w, U, 103min) ★★★
4.05 **Any Man's Kingdom 1956**
4.30 **The Vise** 5/39. (S1)
5.00 **The Footage Detectives**
6.00 **The Cure for Love** Comedy. (1949, b/w, U, 98min) ★★★
7.50 **The Dark Light** Thriller. (1951, b/w, PG, 70min) ★
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **The Lineup** Crime thriller. (1958, b/w, PG, 86min) ★★★

11.40 **Budgie** 13/13. (S2)
12.45 AM **The Heritage Chart Show**
1.50 **The Food of the Gods** Sci-fi chiller. (1976, 18, 88min) ★★
3.35 **Harold Shipman: Doctor Death** One-off drama starring James Bolam.
5.30 **to 6.00** AM **Tell Me Another**

8 PM
9 PM
10 PM
11 PM

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
10.00 **Sky Sports News**
11.00 LIVE **SPFL Aberdeen v Celtic.** Coverage of the Scottish Premiership match staged at Pittodrie. Kick-off **12.30pm**.
3.00 PM **Sports Sunday**
3.30 LIVE **EFL Leicester City v Sheffield Wednesday.** Coverage of the Championship match from the King Power Stadium. Kick-off **4.30pm**.
7.00 LIVE **The Hundred Trent Rockets v Northern Superchargers.** Coverage of the men's match from Trent Bridge, Nottingham. Start-time **6.00pm**.
9.00 LIVE **PGA Tour Golf** Coverage of the fourth and final day's play of the St Jude Championship, the first event in the FedExCup Playoffs, staged at TPC Southwind in Memphis, Tennessee.
11.00 LIVE **WTA & ATP Tennis** Coverage of day four of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Les Ferdinand: PFA Winner**
9.15 **My Origin Story: Matthijs De Ligt** A look at the rise of the Manchester United defender.
9.30 **Transfer 360**
10.30 **Fantasy Show**
11.30 **Premier League Stories**
12.00 NOON **Premier League Years**
2.00 PM **Transfer 360**
2.30 **Fantasy Show** A look ahead to the new Premier League season.
3.30 **Premier League Stories** The story of Sunderland's return to top-flight football.
4.00 **Transfer 360** Double bill.
5.00 **Premier League Years**
7.00 **Premier League Preview** A look ahead to the upcoming top-flight campaign.
8.00 **Premier League Years** A look back at the 2024/2025 Premier League season.
10.00 **Class of '92: Full Time** Triple bill of the documentary series.
1.00 AM **PL Retro** Another chance to see Arsenal v Leeds United at Highbury from 2003.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
11.00 LIVE **SPFL Aberdeen v Celtic.** Coverage of the Scottish Premiership match staged at Pittodrie. Kick-off **12.30pm**.
3.00 PM **EFL Highlights**
3.30 LIVE **EFL Leicester City v Sheffield Wednesday.** Coverage of the Championship match from the King Power Stadium. Kick-off **4.30pm**.
7.00 **SPFL** Another chance to see Aberdeen v Celtic at Pittodrie.
9.00 **EFL League One Goals** Action from the latest round of fixtures.
9.30 **EFL League Two Goals** Action from the latest round of fixtures.
10.00 **SPFL Highlights** Brief highlights of Aberdeen v Celtic at Pittodrie.
10.15 **EFL Highlights**
11.15 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro** Chelsea v Tottenham Hotspur from 2015.
2.00 AM **Craig Brown: My Scotland**
2.30 **Jimmy Glass: The Great Escape**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals of the Carabao Cup 2020/21** Memorable strikes.
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A re-run of Oval Invincibles Women v Manchester Originals Women.
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred Southern Brave v Birmingham Phoenix.** Coverage of today's women's match staged at the Utilita Bowl in Southampton. Start-time **11.00am**.
2.00 PM LIVE **The Hundred Southern Brave v Birmingham Phoenix.** Coverage of the men's match from Utilita Bowl, Southampton. Start-time **2.30pm**.
5.30 LIVE **The Hundred Trent Rockets Men v Northern Superchargers Men.** Coverage of the match from Trent Bridge, Nottingham. Start-time **6.00pm**.
9.00 **The Hundred Bitesize** Recent match highlights.
10.15 **The Hundred** A re-run of Trent Rockets Women v Northern Superchargers Women.
1.20 AM **Ashes Greats**
1.30 **The Hundred Bitesize**
2.00 **The Hundred** Southern Brave Men v Birmingham Phoenix Men.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **Ladies European Tour Golf**
11.00 **Countdown to the Ryder Cup**
11.30 LIVE **DP World Tour Golf** The fourth and final day of the Nexo Championship at Trump International Golf Links, Aberdeen.
4.30 PM LIVE **Ladies European Tour Golf** The third and final day of the PIF London Championship at the Centurion Club in St Albans.
6.00 LIVE **PGA Tour Golf** The fourth and final day of the St Jude Championship, the first event in the FedExCup Playoffs, held at TPC Southwind in Memphis.
11.00 **HotelPlanner Tour Golf**
11.30 **Ryder Cup Memories**
1.00 AM **PGA Tour Golf**
2.00 **Golf Academy**
3.00 **PGA Tour Golf**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA Tennis**
7.00 **ATP Tennis**
8.00 **WTA & ATP Tennis**
4.00 PM LIVE **WTA & ATP Tennis** Coverage of day four of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
4.00 AM **ATP Tennis**
4.30 **Bitesize Tennis**
4.45 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **AFL Melbourne Demons v Western Bulldogs.** Coverage of the match from Melbourne Cricket Ground. Bounce-up **6.15am**.
9.00 **Premier League Preview**
10.00 LIVE **International T20 Cricket Australia v South Africa.** Coverage of the first T20 in the three-match series, held at TIO Stadium in Darwin, Australia.
2.00 PM LIVE **FA Community Shield Crystal Palace v Liverpool.** Coverage from Wembley Stadium, as the FA Cup winners face the Premier League champions. Kick-off **3.00pm**.
6.00 LIVE **Saudi Masters Snooker** Coverage from the second session of round three of the tournament, which takes place at Green Halls in Jeddah, Saudi Arabia.
10.00 **Crouchy and Cole**
10.15 **Kenny Allstar's Number 1's**
10.30 **FA Community Shield**
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball game.
3.15 AM **MLB Plays of the Week**
3.45 **MLB Classic**
4.00 **Test Cricket Highlights**
5.00 **to 6.00** AM **EWC All Access**

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **V8 Supercars Championship** The Century Batteries Ipswich Super 440, the eighth round of the season, held at Queensland Raceway.
8.00 **TNT Sports Cricket Reload**
8.15 **Premier League Stories**
8.45 **Summer World University Games** A review of the event.
9.15 **One Day International Cricket**
10.15 **Men's Cycling Pro Series**
11.15 **Men's Cycling**
12.15 PM LIVE **Cycling** Coverage of the men's seventh and final stage of the Tour of Poland.
3.45 LIVE **Men's Cycling Pro Series** Stage four of the Arctic Race of Norway, a 135.3km route.
5.15 **SailGP: Racing on the Edge**
5.45 **TNT Sports Reload**
6.00 **MLB Highlights**
7.00 LIVE **MLB Milwaukee Brewers v New York Mets.** The National League match from American Family Field. Start-time **7.10pm**.
10.15 **UFC** Dolidze v Hernandez.
1.15 AM **Men's Cycling**
2.15 **Men's Cycling Pro Series**
3.15 **Tour de France Women**
4.15 **Ultimate Pool**
5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
1.00 PM **British and Irish Lions Tour**
3.00 **Lions Legends**
4.00 **Rugby Union Retro**
5.00 **British and Irish Lions Tour** Australia v British & Irish Lions: Action from the first Test of the three-match series, held at Suncorp Stadium in Brisbane. **6.00** Australia v British & Irish Lions: Action from the second Test of the three-match series, held at Melbourne Cricket Ground. **7.00** Australia v British & Irish Lions. Action from the third and final Test of the series, held at Accor Stadium in Sydney.
8.00 **Lions Legends** The Welsh backs who helped inspire the British & Irish Lions to victory against New Zealand and South Africa in 1971 and 1974 respectively.
8.30 **Rugby Union Retro**
9.30 **Lions Legends** A profile of Mervyn Davies, who toured with the Lions in 1971 and 1974.
9.45 **British and Irish Lions Tour**
12.45 AM **Lions Legends**
1.15 **Rugby Union Retro**
2.15 **Lions Legends**
3.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday** A review of Saturday's football action.
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
2.00 PM LIVE **Ladies European Tour Golf** Coverage of the third and final day's play of the PIF London Championship, which takes place at the Centurion Club in St Albans. The tournament serves as the second of four events in the PIF Global Series.
6.00 LIVE **WTA & ATP Tennis** Coverage of day four of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. Great Britain's Jack Draper was in action at the corresponding stage 12 months ago and came back from a set down to beat number nine seed Stefanos Tsitsipas 3-6, 6-4, 7-5. Meanwhile, their was disappointment for the home crowd in the women's draw as second seed Coco Gauff was eliminated by Yulia Putintseva in a 4-6, 6-2, 4-6 defeat.
4.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Mix

416 412 510 429 449

6.00 AM LIVE **NRLW Canberra Raiders v Brisbane Broncos.** Coverage of the match at GIO Stadium. Kick-off **4.45pm**.
6.30 **The Hundred Bitesize**
7.15 **ATP Tennis** The Canadian Open.
8.15 **WTA Tennis** The Canadian Open.
9.15 LIVE **NRLW Parramatta Eels v North Queensland Cowboys.** Coverage from CommBank Stadium, Sydney. Kick-off **9.15am**.
11.00 **Women's Golf**
1.00 PM **Women's State of Origin**
1.45 **HotelPlanner Tour Golf**
2.15 **My Icon**
2.25 LIVE **The Hundred Trent Rockets Women v Northern Superchargers Women.** From Trent Bridge. Start-time **2.30pm**.
5.30 **The Hundred Bitesize**
6.30 **WTA Tennis** The Canadian Open.
7.00 **ATP Tennis** The Canadian Open.
8.00 **Formula 1**
9.00 **The Hundred Bitesize**
10.00 **WTA Tennis** The Canadian Open.
10.30 **ATP Tennis** The Canadian Open.
11.30 **HotelPlanner Tour Golf**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics**
3.00 **EFL Greatest Games**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 3

413 415 523 410 432

7.30 AM **TNT Sports Reload**
8.00 LIVE **AFL West Coast Eagles v Adelaide Crows.** Coverage of the match from Optus Stadium in Perth. Bounce-up **8.10am**.
11.00 **MLB Plays of the Week**
11.30 **MLB: Off the Bat**
12.00 NOON LIVE **Saudi Masters Snooker** Coverage from the opening session of round three of the tournament held at Green Halls in Jeddah, Saudi Arabia.
4.01 PM LIVE **One Day International Cricket West Indies v Pakistan.** Coverage of the second ODI in the three-match series, held at Brian Lara Cricket Academy in Tarouba, Trinidad and Tobago.
10.45 **TNT Sports Cricket Reload**
11.00 **British Superbikes** Action from day two in Thruxton, Hampshire.
12.00 M'T **International T20 Cricket**
1.00 AM **Test Cricket Highlights**
2.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **Saudi Masters Snooker**
8.00 **Onboard**
9.00 **SailGP: Racing on the Edge**
9.30 **Saudi Masters Snooker**
11.30 **British Speedway**
12.30 PM **British Superbikes**
1.00 LIVE **British Superbikes** Coverage of the second day of the sixth round of the season from Thruxton in Hampshire.
6.00 **AFL** GWS Giants v North Melbourne Kangaroos. **7.30** A re-run of Melbourne Demons v Western Bulldogs.
9.00 LIVE **MLB Los Angeles Dodgers v Toronto Blue Jays.** The inter-league match at Dodger Stadium. Start-time **9.10pm**.
12.15 AM **AFL** A re-run of West Coast Eagles v Adelaide Crows.
1.45 **TNT Sports Reload**
2.00 **Premier League Preview**
3.00 **British Superbikes**
4.00 **FIM Speedway Grand Prix**
5.00 **to 6.00** AM **British Speedway**

Premier Sports 1

419 551

6.00 AM **Indy Autonomous Challenge**
7.00 **PSA Squash Highlights**
8.00 **Transworld Sport**
9.00 **LaLiga Specials**
10.00 **Ultimate Karting Championship**
11.00 **Motorsport**
11.30 **NASCAR Highlights**
12.30 PM **MotorSport**
2.00 **Transworld Sport** Magazine.
3.00 **LaLiga** Real Madrid v Barcelona.
5.00 **Motorsport**
5.30 **NASCAR Highlights**
6.30 LIVE **NASCAR** The Go Bowling at The Glen, the 24th round of the season, held at Watkins Glen International in New York.
10.00 **Bike World**
10.30 **Football's Greatest**
11.30 **MotorSport** The Le Mans Classic.
12.00 M'T **Transworld Sport**
1.00 AM **LaLiga Specials**
2.00 **Euro Le Mans Highlights**
3.00 **DTM Highlights**
4.00 **Indy Autonomous Challenge**
5.00 **to 6.00** AM **British Minibikes**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** As 12.00m't.
8.00 **Football's Greatest**
9.00 **LaLiga Specials**
10.00 **SPFL** Rangers v Dundee.
12.00 NOON **Pre-Season Football** Leeds United v AC Milan.
2.00 PM **LaLiga Specials**.
2.30 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles.
5.00 **Temples of Sport**
5.30 **Pre-Season Football** Another chance to see Wolverhampton Wanderers v Celta Vigo.
7.30 **LaLiga** Another chance to see Barcelona v Rayo Vallecano.
9.30 **LaLiga Specials**
10.00 **Pre-Season Football** A re-run of Leeds United v AC Milan.
12.00 M'T **United Rugby Championship** Another chance to see Leinster v Bulls.
2.00 AM **Scottish Cup Football** A re-run of Aberdeen v Celtic.
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **GT World Challenge Europe**
9.30 **Formula 1**
11.45 **Carlos Sainz & The Lie Detector**
12.00 NOON **GB3 Championship**
1.00 PM **Formula 1**
2.00 **Indycar**
3.30 **Formula 1**
4.30 **Hill** A profile of Damon Hill.
6.00 LIVE **Indy NXT** The Grand Prix of Portland. Start-time **6.00pm**.
7.00 **Formula 1**
8.00 LIVE **Indycar** Coverage of the BitNile.com Grand Prix of Portland. Start-time **8.00pm**.
10.30 **Indy NXT**
11.30 **Hill** A profile of Damon Hill.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

11 August

Evening Planner

Factual

Shark! Celebrity Infested Waters
ITV1, 9pm
The celebs have completed their training so now it's time to dive with tiger sharks.

Reality

Celebs Go Dating
E4, 9pm
The celebrity dating agency opens its doors once again this week – featuring Atomic Kitten singer Kerry Katona.

Documentary

Mafia: Most Wanted
Sky History, 10pm
A three-parter about a family that made Toronto the global capital of one of Italy's most terrifying criminal organisations.

OnDemand

discovery+

The Bus Driver: Britain's Cocaine King
Available today
Experts discuss a London bus driver who also ran a huge drug empire.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 **Panorama:** Lucy Letby – Who to...		9.00 Fake or Fortune?		10.00 News; Local News	10.40 Have...
	102 BBC2	7.00 Holiday Parks...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Human		10.00 Upstart Crow	10.30 Newsnight
	103 ITV1	7.00 Nicola...	7.30 Emmerdale	8.00 Coronation Street		9.00 Shark! Celebrity Infested Waters		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Michael Mosley: Secrets of the...		9.00 Celebrity SAS: Who Dares Wins		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Police: Night Shift 999		10.00 Forensics: Murder Scene	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Airborne		9.00 The Gilded Age			10.20 A League of Their Own
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Film: Dear Evan Hansen			
	116 BBC4	7.00 Fred Dibnah's...	7.30 The Lakes with...	8.00 Vienna: Empire, Dynasty and Dream		9.00 Rise of the Nazis: The Manhunt		10.00 The Sky at...	10.30 Into the Ice
	118 ITV2	‹ 6.30 Deal or No...	7.30 The Bachelor Australia			9.00 The Princess Diaries		10.00 Botched	
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 Our Welsh Chapel Dream		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 The Gilded Age			10.20 The Time Traveler's...
	110 U&GOLD	‹ 6.55 Only Fools and Horses		8.00 Red Dwarf			9.20 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?...		7.40 Richard Osman's House of Games		9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Junk and Disorderly		8.00 King of the Roads		9.00 Film: RoboCop 2			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Kevin Bridges – The Story Continues	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob Beckett's Smart TV		9.00 Mr Bigstuff		10.00 Film: SAS: Red Notice	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Welcome to My World		9.00 Classic FM Live at the Movies			
	132 U&W	7.00 MasterChef Australia		8.00 The Undateables		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Monsters of the Abyss			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hurricane Katrina: Race Against Time		9.00 To Catch a Smuggler		10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Holy Marvels with Dennis Quaid		9.00 Pharaohs at War		10.00 Mafia: Most Wanted	
	155 U&YESTERDAY	7.00 Mediterranean with Simon Reeve		8.00 Canal Boat Diaries		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		7.55 Ghislaine Maxwell: Epstein's Shadow		9.00 The Girl Who Caught a Killer			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Juror #2		8.00 Sonic the Hedgehog 3				10.00 Long Gone Heroes	
	302 FAVOURITES	‹ 6.20 Cleaner		8.00 The Beekeeper			9.50 28 Days Later..		
	303 HITS	‹ 6.00 Mean Girls		8.00 Fast & Furious 8					10.20 The Legend of Zorro
	304 GREATS	‹ 5.35 Superman		8.00 Superman II				10.10 The Great Gatsby	
	305 ANIMATION	‹ 5.40 Kung...	7.20 Hotel Transylvania 3: Summer Vacation			9.05 Sinbad: Legend of the Seven Seas			10.40 Extinct
	306 FAMILY	‹ 6.00 Sonic the Hedgehog 3		8.00 The Karate Kid: Part III				10.00 Small Soldiers	
	307 ACTION	‹ 6.00 Kong: Skull Island		8.00 William Tell					10.15 Terminator Salvation
	308 COMEDY	‹ 6.10 School of Rock		8.00 Anyone But You			9.55 Funny Cow		
	309 THRILLER	‹ 5.35 The Island		8.00 Split				10.10 Naked Singularity	
	310 DRAMA	‹ 6.35 My First Summer		8.00 Chicago				10.00 The Color Purple	
	311 SCI-FI	‹ 6.05 The Purge: Anarchy		8.00 Passengers				10.05 Hannibal Rising	
	313 FILM4		7.10 Made in Italy			9.00 65			
SPORT	401 MAIN EVENT	‹ 6.00 The Hundred – Live: Manchester Originals Men v London Spirit Men (Start-time 6.30)					9.30 Tennis – Live: The Cincinnati Open		
	402 PREMIER LEAGUE	7.00 Sky Sports News		8.00 Premier League Years				10.00 Transfer 360	10.30 PL Stories
	403 FOOTBALL	7.00 EFL Highlights			8.30 SPFL Round-Up	9.00 EFL Highlights		10.00 EFL Goals	
	405 CRICKET	‹ 6.00 The Hundred – Live: Manchester Originals Men v London Spirit Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	7.00 British Speedway – Live: Sheffield Tigers v Belle Vue Aces						10.00 British Superbikes Highlights	
	411 TNT SPORTS 2	7.00 One Day International Cricket		8.00 The Gruppetto	8.30 The Football...	9.00 Fishing: On the Bank		10.00 Fight Week	

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition A wallaby could be suffering from a life-threatening condition. (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **The Bidding Room** New edition Nigel Havers is presented with a tennis racquet that was used by his grandfather at Wimbledon. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Fake or Fortune?

7 PM

7.00 **The One Show** Clara Amfo and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Avani struggles with morning sickness, while Stacey is furious to learn her secret pictures have been leaked online. (S)(AD)

8 PM

8.00 **NEW Panorama: Lucy Letby – Who to Believe?** A special report on the case of the former neonatal nurse. (S)

9 PM

9.00 **Fake or Fortune?** New edition 4/6. Presenter Fiona Bruce and art expert Philip Mould investigate whether a painting found in a cupboard could be a famous lost work by 18th-century artist Angelica Kauffman. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Alex Horne hosts, with guest panellists Jack Dee and Carol Vorderman joining captains Ian Hislop and Paul Merton. (S)(R)
11.10 **Mayfair Witches** New episodes 5/8. While under a spell, Rowan is tricked into separating herself into embodiments of her intellect and emotions. Lark reveals the results of his secret tests on her genetic make-up. (S)(AD)
11.50 6/8. Rowan, Moira, Lark, and Cortland travel to Scotland in search of Lasher. (S2) (S)(AD)
■ Entire series on BBC iPlayer
12.35 AM **Weather for the Week Ahead**
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Antiques Roadshow** From Beaumaris Castle. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** Chefs from London and the South East prepare their starters and fish dishes. (S)(R)
4.15 **Big Little Journeys** The adventures of six tiny animals as they voyage into the unknown. (S)(R)(AD)
5.15 **Flog It!** From Wallasey Town Hall on the Wirral Peninsula. (S)(R)
6.00 **Richard Osman's House of Games** Double bill of the quiz show, featuring contestants Eddie Kadi, Charlie Stayt, Natasha Raskin Sharp and Faye Tozer. (S)(R)

9.00 Human

7.00 **NEW Holiday Parks Exposed** Investigating claims of dubious business practices in the holiday park industry. (S)
7.30 **Mastermind** New edition Subjects include *The Hunger Games* and Indian cricketer Sunil Gavaskar. (S)

8.00 **Only Connect** New edition The 5ks take on the Showstoppers in a first-round encounter. (S)
8.30 **University Challenge** New edition The University of Manchester compete against New College, Oxford. (S)

9.00 **Human** Series finale 5/5. Paleoanthropologist Ella Al-Shamahi visits the world's oldest temple, Gobekli Tepe, and one of the largest early towns in Turkey. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Upstart Crow** *Star-Crossed Lovers:* 1/6. First episode of the comedy by Ben Elton, starring David Mitchell as William Shakespeare. (S1) (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM In the Heat of the Night** Oscar-winning thriller starring Sidney Poitier and Rod Steiger. A redneck Southern sheriff is reluctantly teamed with a black cop in a murder investigation. (S) (1967, 12, 110min) ★★★★★
12.50 AM **Sign Zone: Countryfile** (S)(R)
1.45 **Sign Zone: Destination X** (S)(R)
2.45 **Sign Zone: Policing Paradise** Police race to a moped crash involving two tourists. (S)(R)
3.15 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity edition of the game show, with Ben Bailey Smith, Claire Richards and Lisa Riley trying to guess well-known phrases for the chance to win £50,000 for charity. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.00 **NEW Nicola Sturgeon: The Interview** An interview with the former First Minister of Scotland. (S)
7.30 **Emmerdale** Ruby confronts Manpreet, Vinny's confusion is clear, and Belle joins a dating app. (S)(AD)

8.00 **Coronation Street** Amy and Aadi give in to their feelings, Theo trashes Gary's yard in a fit of rage, Glenda derails George's internet date, while Carla and Lisa attend an art class together. (S)(AD)

9.00 **Shark! Celebrity Infested Waters** Series finale 5/5. The celebrity team come to the end of their training to dive with 18ft tiger sharks and relocate to the dive site of Tiger Beach. (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Cold Case Forensics: The Murder of Rachel Nickell** 1/3. Documentary unlocking secrets that solved some of Britain's murder cases, starting with a look at evidence which finally brought Rachel Nickell's killer to justice. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** Heathrow readies itself for a flurry of passengers. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Suspicion** 8/8. Cresswell's past leads Vanessa and Scott to uncover the truth. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Taste of Malta** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 17-20/25. (S6) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 9-12/24. (S9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** New York. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Teachers Lisha and Shannon transform an unloved home in Aberdare, south Wales. (S)(R)
5.00 **Chateau DIY** Donna and Paul discover their floorboards are riddled with termites. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Sharon Garner's menagerie of birds are laying eggs faster than the family can eat them. (S)(R)

8.00 Secrets of the Superagers

7.00 **News** (S)

8.00 **Michael Mosley: Secrets of the Superagers** New edition 5/6. The host discovers how to keep bodies healthy on the inside, meeting an 86-year-old cyclist who has the immune system of a 20 to 30-year-old. (S)(AD)

9.00 **Celebrity SAS: Who Dares Wins** New edition 4/8. The recruits undertake an insertion task, where they must jump from a moving boat onto a passing helicopter, before climbing up into the cabin. (S)(AD)

10.00 **Crime Scene Cleaners** New edition 7/10. A woman is found unconscious in a blood-drenched bedroom in Florida, while a man's body has been decomposing for weeks in Lousiana's stifling heat. (S)(AD)
11.05 **Secrets of the Hells Angels** 7&8/8. Double bill. (S)(R)(AD)
12.55 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.45 **The Fear Clinic: Face Your Phobia** 1/6. Documentary. (S)(SL)(R)
2.40 **Undercover Boss USA** (S)(R)
3.35 **Worst House on the Street** Merseyside. (S)(SL)(R)(AD)
4.30 **Kirstie's House of Craft** (S)(R)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 FILM **When Mum Becomes a Murderer** Suspense thriller starring Matreya Scarrwener. (S) (2024, PG, 100min) ★★
4.00 **All Creatures Great and Small** 1/7. First episode. A difficult calving provides young vet James Herriot a chance to prove his worth. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Following farmers who brave the elements to get the job done. (S)(R)
6.55 **News** (S)

9.00 Police: Night Shift 999

7.00 Traffic Cops In Derbyshire, a police camera alert for a stolen car leads to the high-speed pursuit of a teenage joyrider along country roads. (S)(R)
7.55 **News** (S)

8.00 Motorway Cops: Catching Britain's Speeders New edition Armed officers are in pursuit of a group of potential car thieves, and a 999 call comes in saying a motorbike is travelling the wrong way down the A63. (S)

9.00 Police: Night Shift 999 New edition Officers in Gloucestershire are called out to a man who was assaulted outside his home by two men when he went to put his bin out. (S)

10.00 Forensics: Murder Scene Detectives and forensic teams rush to the scene after a human foot is found among the waste at a recycling plant. (S)(R)

11.30 **Death of an Heiress: Hotel Murders** New edition (S)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **The World's Most Expensive Hotels** Atlantis Dubai. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **A Cheetah's Pride** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 19/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Fat and the Furriest:* Homer is filmed fleeing from a wild bear. (S)(R)
5.30 *The President Wore Pearls:* Lisa is elected student president. With Michael Moore. (S)(R)
6.00 *Today I Am a Clown:* Homer is awarded his own TV talk show. With Mr T. (S)(R)
6.30 *Marge v Singles, Seniors, Childless Couples and Teens, and Gays:* Marge tries to halt a campaign against children. (S)(R)

9.00 The Gilded Age

7.00 The Office (US) *Lice:* 10/25. Dwight takes it upon himself to destroy the lice that Pam has accidentally brought into the office. (S)(R) **7.30** *Suit Warehouse:* 11/25. Dwight and Clark pose as father and son. (S9) (S)(R)

8.00 Airborne 4/4. Examining how airborne creatures navigate the skies, with some routes being short and others across hundreds of miles. (S)(R)(AD)

9.00 The Gilded Age Series finale *My Mind Is Made Up:* 8/8. Bertha finalises the guest list for the ball and faces the fall-out from her actions, and Dr Kirkland makes a decision about his future. (S3)

10.20 A League of Their Own Romesh Ranganathan hosts as James Maddison and Maisie Adam join regulars Jamie Redknapp, Micah Richards and Jill Scott on the sports-based quiz. (S)(R)(AD)

11.20 **Last Week Tonight with John Oliver** The host takes a satirical look at recent events. (R)
12.05 AM **Curb Your Enthusiasm** 7&8/10. Double bill. (S3) (S)(R)
1.15 **The Force: Manchester** (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 19/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.35am Scotcast (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm True North: The Omagh Hum (S)(R) **11.10** Have I Got News for You (S)(R) **11.40** Mayfair Witches New episodes (S)(AD) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Saving Lives in Cardiff (S)(R) **11.40** Mayfair Witches New episodes (S)(AD) **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Arfordir Cymru: Sir Benfro (AD) **12.30** Heno Aur **1.00** Mynyddoedd y Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Llond Bol O Sbaen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Sin (AD) **6.30** Ralio: Pencampwriaeth Rali'r Byd 2025 **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Colleen Ramsey: Bywyd a Bwyd **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad (AD) **9.59** Y Tywydd **10.00** Sgorio **10.30** Ffasiwn Drefn (AD) **11.00-11.35pm** Cymry ar Gynfas

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** A pirate captain worries about going to bed early, and a World War One soldier tries to cook fake food. **7.30** A humorous look at cleaning clothes in the Middle Ages, and a Stone Age cure for a headache.
7.55 **The Catch Up**
8.00 **Top Gear** Jeremy Clarkson, Richard Hammond and James May try to prove older hot hatches are better than their modern equivalents.
9.00 FILM **Dear Evan Hansen** Adaptation of the award-winning musical about a high-school senior with a severe social anxiety disorder – following his journey of self-discovery and acceptance. Stars Ben Platt and Julianne Moore. (2021, 12, 137min) ★★★
11.05 **Jobfished** Documentary.
11.50 **Fleabag** 5&6/6. (S2)
12.45 AM **Dinosaur** 5&6/6. (S1)
1.45 **Eating with My Ex**
2.15 **Top Gear** As 8.00pm.
3.15 **to 4.00** AM **Jobfished**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Devon.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer catch up with Catherine and Nigel in Larne, Northern Ireland.
6.55 **Grand Designs** A couple attempt to build Britain's first hypoallergenic house.
7.55 **The Dog House** Olympic cyclist Victoria Pendleton visits Woodgreen animal charity, keen to find a dog that she can co-parent with her mother.
9.00 **Our Welsh Chapel Dream** 1/4. Keith Brymer Jones and his partner Marj restore a 160-year-old derelict chapel on Wales' Llyn Peninsula, to turn it into a forever home with a working pottery studio.
10.00 **24 Hours in A&E** Doctors treat a young woman who has been thrown from a horse.
11.05 **24 Hours in A&E**
12.10 AM **Royal Flying Doctors** New episode 5/8. Eliza investigates the White Cliffs incident. (S2)
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** The development of castles.
7.30 **The Lakes with Paul Rose** Paul heads to Coniston and enters a retro cycling event on a penny farthing.
8.00 **Vienna: Empire, Dynasty and Dream** How Vienna became a multinational city of music, culture and ideas.
9.00 **Rise of the Nazis: The Manhunt** The post-war hunt to capture the highest-ranking Nazis.
10.00 **The Sky at Night** The team explore the enigmatic world of pulsars.
10.30 **Into the Ice** Documentary following scientists studying the melting of the Greenland ice sheet.
11.55 **Art on the BBC: Monet – The French Revolutionary**
12.55 AM **Fred Dibnah's Magnificent Monuments**
1.25 **The Lakes with Paul Rose**
1.55 **Vienna: Empire, Dynasty and Dream** As 8.00pm.
2.55 **to 3.55** AM **Rise of the Nazis: The Manhunt**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 9-12/17. (S1)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons** Double bill.
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Rex receives two shocking surprises.
7.30 **The Simpsons** *Eeny Teeny Maya Moe:* Moe joins an online dating agency.
8.00 **Below Deck Sailing Yacht** New edition Chef Cloyce struggles with time management under the watch of captain Glenn.
9.00 NEW SERIES **Celebs Go Dating** Famous faces including Kerry Katona and Christine McGuinness join the dating agency.
10.00 **Gogglebox** Opinions on *The Apprentice* and *Hunted.*
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.20 **Young Sheldon**
5.05 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Monday primetime

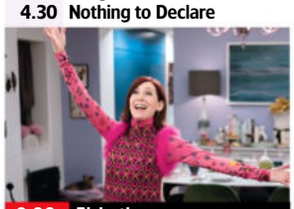
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 15/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 15/22. The team must track down a murderous member of the incel online subculture. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**



9.00 Elsbeth

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 The Equalizer *Followers:* 5/18. True-crime enthusiasts hire McCall to help them uncover the identity of a stalker. (S2)

9 PM
9.00 Elsbeth New episode *Scenes from an Italian Restaurant:* 14/20. Elsbeth takes a tour of New York City crime scenes. (S2)

10 PM
10.00 Blue Bloods *Lost Ones:* 11/21. Danny and Baez investigate the death of a chess hustler. (S13)

11.00 FBI: Most Wanted (S5)
1.00 AM **The Equalizer** 3/18. (S2)
2.00 The Rookie New episode (S7)
3.00 NEW SERIES **FBI: Most Wanted** 1/22. The Task Force look into a string of killings. (S6)
4.00 Paramedics Australia
5.00 to 6.00 AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 3&4/12. (S3)
10.00 **Six Feet Under** (S3)
12.10 PM **House of the Dragon**
1.20 **Babylon Berlin** 1&2/8. (S2)
3.30 **True Blood** 3/12. Sookie searches for Bill in Jackson.
4.35 4/12. Alcide invites Sookie to join him at a full-moon party. (S3)
5.40 **Six Feet Under** 9/13. David and Keith have an embarrassing encounter.
6.45 10/13. Keith's great aunt dies from a bee sting. (S3)

10.20 The Time Traveler's Wife

7.50 House of the Dragon *The Red Dragon and the Gold:* 4/8. Rhaenys tries to keep the peace on the Black Council as Cole mounts a campaign into the Crownlands. (S2)

9.00 The Gilded Age Series finale *My Mind Is Made Up:* 8/8. Dr Kirkland makes a decision about his future with Peggy. (S3)

10.20 The Time Traveler's Wife 3/6. A teenage Clare turns to Henry for help.Stars Rose Leslie and Theo James. (S1)
11.20 The Sopranos 4/13. (S1)
12.25 AM **The White Lotus** 4/7. Tanya and Portia spend a day with Quentin and Jack. (S2)
1.40 Big Little Lies 7/7. (S2)
2.40 The Leftovers 8/10. (S2)
3.50 House of the Dragon (S2)
5.00 to 6.00 AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 14/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 11/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** 2/21. (S14)
4.00 **S.W.A.T.** 19/22. (S5)
5.00 **SEAL Team** 10/22. (S2)
6.00 **Stargate Atlantis** 9/20. While on a rescue mission, Sheppard and Ronon face serious danger when they are influenced by a mind-altering device created by the Wraith. (S3)

10.00 SAS: Red Notice

7.00 Stargate Atlantis *The Return – Part One:* 10/20. Ancients return to reclaim a lost city. With Richard Dean Anderson. (S3)

8.00 Rob Beckett's Smart TV With guests Kerry Godliman, Emmett Scanlan, Himesh Patel and Carol Vorderman.

9.00 Mr Bigstuff 5/6. Glen freaks out but is interrupted by Sue.
9.30 6/6. Lee looks to tie up some loose ends. (S2)

10.00 FILM **SAS: Red Notice** Action thriller starring Sam Heughan. An off-duty SAS soldier tries to thwart a terror attack on a Channel Tunnel train. (2021, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Warrior** 10/10. (S1)
1.10 The Force: Manchester
2.00 NEW SERIES **Resident Alien** 1/10. Comedy drama. (S4)
3.00 NCIS: Los Angeles 2/21. (S14)
4.00 S.W.A.T. 19/22. (S5)
5.00 to 6.00 AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Billie and Greg: Family Diaries**
2.05 **The Only Way Is Essex**
3.05 **Celebrity Homes**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **In for a Penny**
6.30 **Deal or No Deal**

10.00 Botched

7.30 NEW SERIES **The Bachelor Australia** Australian reality series in which a single man – airline pilot Jimmy – tries to find love, with a group of women vying for his affections.

9.00 The Princess Diaries New edition Reality series following Princess Andre as she navigates the road to adulthood.

10.00 Botched A young woman is worried that multiple silicone removal surgeries have left her with a 'distorted derriere'.
11.00 Family Guy 10&4/20. Double bill of the animation. (S16)
12.00 M'T **American Dad!** (S12)
1.00 AM **Bob's Burgers** (S11)
1.30 Plebs 5/8. (S3)
2.00 Totally Bonkers Guinness World Records
2.30 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Coffin Fit.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Hidden Depths:* Barnaby investigates the apparent suicide of a solicitor who was rumoured to be stealing from clients.
5.40 **Heartbeat** *The Best Laid Plans:* A woman released from prison finds herself in danger.

11.50 Trigger Point

6.55 Heartbeat *Bygones Be Bygones:* Nick investigates a spate of poison pen letters, but not everyone admits to receiving them.

8.00 Grace *Dead Tomorrow:* A body is dredged up from the English Channel, and the investigation forces Grace to ask himself just how far someone might go to save the ones they love.

10.00 Foyle's War *Sunflower:* The detective is drawn into the murder of a former high-ranking Nazi who had been hired by MI5 due to his knowledge of Soviet intelligence.
11.50 Trigger Point 3/6. A far-right group claims responsibility for the mosque attack. (S1)
12.50 AM **Redemption** 2/6. Colette talks to Stacey's colleagues. (S1)
1.50 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
3.15 **Sign Zone: Island Crossings**
4.15 **Sign Zone: Grand Tours of Scotland's Rivers**
4.45 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Travelling Auctioneers** Double bill.
8.30 **Grand Tours of Scotland's Rivers** Exploring the River Teviot.
9.00 **Rip It Up** How Scotland experienced a pop resurgence in the 1980s.
10.00 **River City** New episode Gillian is pushed to take drastic action.
10.30 **Situationships with Sophie and Christine**
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Up for It** The trio are challenged to make a wedding cake.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S3)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.00 **Sex and the City** (S1&2)
12.20 PM **Insecure** (S1)
1.30 **Hello Ladies** 6/8. (S1)
2.10 **The Office (US)** (S9)
3.10 **Sex and the City** (S2)
4.25 **Girls** 1&2/10. (S4)
5.45 **The Conners** (S2)
6.45 **The Office (US)** (S9)
7.45 **Sex and the City** 11/20. Carrie is forced to face her feelings for Big.
8.25 12/20. Carrie meets a famous artist. (S6)
9.00 **Last Week Tonight with John Oliver** New edition
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver** Talk show.
11.40 **Curb Your Enthusiasm**
1.00 AM **Entourage** (S2)
2.05 **Hung** 7&8/10. (S1)
3.15 **How to Make It in America** 1&2/8. (S2)
4.25 **to 5.00** AM **The Rehearsal**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Nutcracker**
7.45 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Timeless Louvre**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Welcome to My World**
9.00 NEW **Classic FM Live at the Movies**
11.00 **Michael Bolton Live at the Royal Albert Hall**
1.00 AM **World in a Painting**
2.15 **Ai Weiwei: The Artivist**
3.30 **Inside Art: Eileen Agar at Whitechapel Gallery**
4.00 **The Art of the Garden**
5.00 **Auction**
5.30 **to 6.00** AM **Auction: Jackie Kennedy Special**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** 4/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Heart of Stone:* 14/26. Kira's life is put in danger. (S3)
9.00 **FBI** Double bill. (S2&3)
11.00 **Grimm** *Into the Schwarzwald:* 12/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Wheel of Fortune** Graham Norton hosts the game show.
3.00 **Tenable** Double bill of the quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Karen takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Sophena takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune** Graham Norton hosts.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 1/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 15&16/22. (S2)
12.00 NOON **Highway to Heaven** 21/25. (S1)
1.00 PM **Father Dowling Mysteries** 6/8. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 22/25. The medics need sleep.
8.30 23/25. A war correspondent falls in love with BJ. (S8)
9.00 FILM **Bride Wars** Wedding comedy starring Kate Hudson and Anne Hathaway. (2009, 12, 85min) ★★★
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S8)
1.00 AM **Hart to Hart** (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **Kojak**
9.30 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Casebook of Sherlock Holmes** Drama.
1.45 **Kojak**
3.50 **Magnum, PI** *Memories Are Forever – Part One.*
4.55 *Memories Are Forever – Part Two*: Michelle is targeted.
5.55 **Minder** *I'll Never Forget Whatsername*: Arthur makes plans to rig a quiz night.

9.00 RoboCop 2

7.00 Junk and Disorderly Henry Cole, Allen Millyard and Guy Willison set up a stall full of bikes and trinkets in Stafford.

8.00 King of the Roads Action from the annual Armoy Road Race, which takes place each year on a three-mile circuit.

9.00 FILM RoboCop 2 Sci-fi action drama sequel starring Peter Weller as the indestructible robotic law enforcer, here tackling corporate corruption and a designer drug dealer on the streets of future Detroit. With Nancy Allen. (1990, 18, 114min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 FILM Killer Elite Action thriller starring Jason Statham, Clive Owen and Robert De Niro. (2011, 15, 112min) ★★
1.30 AM **Motorsport UK** Action from Oulton Park.
2.20 **Two and a Half Men**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 1/20. (S1)
2.00 **Primeval** 2/7. (S2)
3.00 **Stargate Atlantis** 5/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine** 1/20. Part one of two. Pilot of the sci-fi drama. (S1)
6.00 **Star Trek: Enterprise** 15/22. Part one of two. Dr Phlox is kidnapped. (S4)

7.00 Primeval

7.00 Primeval 2/7. A strange sulphurous mist spreads through a skyscraper in the city with creatures lurking beneath. (S2)

8.00 Stargate Atlantis *Progeny:* 5/20. An advanced civilisation puts the team in jeopardy. (S3)

9.00 The Leftovers *Lens:* 6/10. Unexpected visitors get under Nora's skin, and she and Erika must face painful questions. (S2)

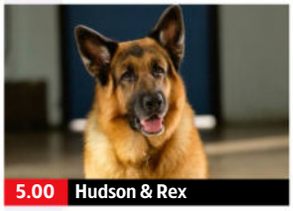
10.00 The Walking Dead *Here's Negan:* 22/22. With Maggie back at Alexandria, Carol takes Negan on a journey. (S10)

11.00 **Wynonna Earp** 4/12. Wynonna faces an enemy, while Waverly and Nicole search for help.
12.00 M'T 5/12. The Homestead comes under attack, sending Wynonna and Doc after Peacemaker. (S4)
1.00 AM **True Blood** 1&2/10. (S6)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 15/23. (S1)
11.00 **Hudson & Rex** 5/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 15/23. (S1)
5.00 **Hudson & Rex** 5/20. (S5)
6.00 **Father Brown** *The Wheels of Wrath:* Rock 'n' roll reaches Kembleford when a group of bikers cause outrage and excitement in equal measure.


5.00 Hudson & Rex

7.00 Miss Scarlet and the Duke *Origins:* 3/6. While the Duke is in hospital, Eliza's thoughts turn to how they first met. (S4)

8.00 Death in Paradise *One for the Road:* 2/8. The Saint Marie governor is poisoned at her leaving party. (S5)

9.00 Shakespeare & Hathaway: Private Investigators 1/10. The duo try to expose a mole within a tech company.

10.00 Shakespeare & Hathaway: Private Investigators 2/10. The duo enter the world of ballroom dancing. (S4)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 6/14. Neal is forced to choose between his loyalties to Peter and his desire to find Kate. (S1)
1.00 AM **Death in Paradise** As shown at 8.00pm.
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
8.20 **Keeping Up Appearances**
9.00 **Only Fools and Horses**
10.20 **Are You Being Served?**
11.00 **Still Open All Hours**
11.40 **Last of the Summer Wine**
1.00 PM **Keeping Up Appearances**
1.40 **I Didn't Know You Cared**
2.20 **Dad's Army**
3.00 **Still Open All Hours**
3.40 **Last of the Summer Wine**
5.00 **Are You Being Served?**
5.35 **Dad's Army**
6.15 **Still Open All Hours**

6.15 Still Open All Hours

6.55 Only Fools and Horses Rodney ties the knot with Cassandra, but Del has more on his mind than just best man duties.

8.00 Red Dwarf The crew land on a prison planet where crime is impossible.
8.40 Lister and Rimmer put their lives in danger while boosting Holly's IQ.

9.20 Gavin & Stacey Hapless Uncle Bryn tries to organise a surprise party for Gwen's birthday.

10.00 Gavin & Stacey The newlyweds begin leading separate lives.
10.35 Not Going Out Lee, Lucy and Daisy go on a skiing trip to Eastern Europe.
11.15 **The Office**
11.55 **Gavin & Stacey**
1.10 **Not Going Out**
1.50 **The Office**
2.35 **Back to Life**
3.05 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Orlando Bloom: To the Edge** Documentary.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Double bill of editions.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers look at the links between American and British culinary cultures.

11.00 Taskmaster

7.00 Would I Lie to You? – The Unseen Bits Compilation edition.
7.40 Richard Osman's House of Games With Dr Ranj Singh and Steve Backshall.
8.20 Angela Barnes, Melvin Odoom, Greg Rutherford and Denise Van Outen take part.

9.00 Have I Got a Bit More News for You Alan Johnson hosts the satirical quiz, with Janey Godley and Tim Shipman.

10.00 QI XL Jason Manford, Hannah Waddingham and Desiree Burch join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **Taskmaster** Paul Sinha squats in a telephone box.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? – The Unseen Bits** As 7.00pm.
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **QI**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Remarkable Renovations**
1.00 PM **A Place in the Sun: What Happened Next?**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations** Restoring an old barber's shop.
8.00 **Griff's Great American South** From Georgia.
9.00 **Gogglebox**
10.00 **8 Out of 10 Cats Does Countdown**
11.05 **Gogglebox**
12.05 AM **24 Hours in A&E**
1.05 **Ramsay's Kitchen Nightmares USA**
2.05 **Hunting My Sextortion Scammer: Untold**
3.05 **First Dates**
4.05 **Four in a Bed**
4.35 **to 4.50** AM **Kirstie's House of Craft**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 16–18/19. (S5)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Caged:* 12/25. McGee tries to quell a crisis in a women's prison.
7.00 *Broken Bird:* 13/25. Ducky is attacked by a knife-wielding woman who accuses him of war crimes.
8.00 *Love and War:* 14/25. The agents look into the private life of a murdered navy captain.
9.00 **NCIS: Hawaii** New episode *Nightwatch Two:* 20/22. Lucy receives a strange call on night watch from a man admitting to murder. (S2)
10.00 **Law & Order: Special Victims Unit** (S17)
12.00 M'T **The Resident**
1.55 AM **Blue Bloods** (S7)
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** A paramedic treats a 60-year-old who's been involved in a crash.
10.00 **999: Critical Condition** A man is rushed in after his parachute fails.
11.00 **Skin A&E**
12.00 M'T **GPs: Behind Closed Doors**
1.00 AM **Absentia** New episodes (S3)
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Outback Truckers**
10.05 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.05 PM **FILM Last Train from Gun Hill** Revenge Western drama. (1959, 15, 98min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Ice Road Truckers** Polar Industries set out to defend its title.
10.00 Todd finds himself in danger.
11.00 **MacGyver** 6/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition It's the first pressure test of the series – and it's a big one. Guest judge Kirsten Tibballs has created a dessert so special that it will require a Midas touch to master it.
8.00 **The Undateables** Following singletons Sam, Jodie and Hannah on their search for love.
9.00 **One Born Every Minute**
11.00 **999 Rescue Squad**
1.00 AM **Dangerous Breed: Crime. Cons. Cats**
2.00 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.30 **Doctors**
9.40 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.15 **Tenko**
3.15 **The Doctor Blake Mysteries** 9/10. (S2)
4.15 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *Chinese Walls:* A young lawyer is found dead in Hyde Park.
10.00 **New Tricks** *Glasgow Ucos:* Gerry and Steve investigate the murder of a bookie in Glasgow.
11.20 **Spooks** 8/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Brighton.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **Salvage Hunters Celebrity Special**
10.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Angus comes to the aid of two grieving families. **10.00** Helping a woman clear her late mother's huge collection of bells. **11.00** An attic filled with Ferrari memorabilia.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **Salvage Hunters**
5.00 **to 6.00** AM **Salvage Hunters Celebrity Special**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** Featuring an Islamic tile and a chair brought in by a 12-year-old boy.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-prize quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** 13-16/26. (S3)
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** 9&10/26. (S3)
1.00 PM **FILM Wrangler** Australian Western. (1989, 12, 92min) ★★
3.05 **FILM The Texican** Western adventure. (1966, PG, 91min) ★★
5.00 **FILM The Quick & the Dead** Western. (1987, PG, 94min) ★★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Lone Wolf McQuade** Action drama starring Chuck Norris. (1983, 15, 107min) ★
11.25 **FILM Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
1.35 AM **FILM NYC: Tornado Terror** Disaster drama. (2008, PG, 90min) ★★
3.30 **to 5.00** AM **Cops Uncut**
+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7** Documentary.
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: The Novel Murders** Crime drama. (2016, PG, 84min) ★★
1.00 PM **FILM The Work Wife** Thriller. (2018, PG) ★★
2.55 **FILM Twisted Tenant** Thriller. (2018, PG) ★★
5.00 **FILM Washed Away** Mystery thriller. (2017, PG, 87min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Son of a Gun** Crime drama. (2013, 15, 108min) ★★★
11.20 **FILM Dating to Kill** Thriller. (2019, 12) ★★
1.25 AM **FILM Flirting with Danger** Thriller. (2006, PG, 90min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Mom Wars** Thriller. (2017, PG, 87min) ★★
+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM The Beauty of Love** Romantic drama. (2021, PG, 90min) ★★
10.00 **FILM Strawberry Summer** Drama. (2012, U, 90min) ★★
12.05 PM **FILM Summer of Dreams** Comedy. (2016, PG, 90min) ★★
2.00 **FILM A Summer Romance** Drama. (2019, PG, 90min) ★★
4.00 **FILM Love and Sunshine** Romance. (2019, PG, 90min) ★★
5.55 **FILM Just for the Summer** Romance.. (2020, PG, 90min) ★★
8.00 **FILM Love Upstream** Comedy. (2021, PG) ★★
9.55 **FILM Summer Love** Romantic drama. (2016, PG, 83min) ★★
11.50 **FILM Love's Last Resort** Romantic drama. (2017, PG, 85min) ★★
1.55 **to 5.00** AM **Highway to Heaven**
+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 12/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **FILM Penny Serenade** Comedy drama. (1941, b/w, U, 120min) ★★★
3.15 **Auto Rewind**
3.30 **The Fantastic Journey**
5.00 **Lucky Feller** 13/13. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 13/13. (S1)
9.00 **Bramwell** 4/10. (S3)
10.00 **Soap** 25/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Last Man on Earth** Sci-fi. (1964, b/w, PG, 86min) ★★★
1.40 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Josh works hard to prove himself as a captain. **8.00** Jake becomes suspicious of Captain Keith taking him on as an apprentice.
9.00 **Body Bizarre** A man with no ears has become a talented musician. **10.00** A teenager has a lymphatic malformation in her face that means she has never spoken.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Jerusalem.
7.00 **Barefoot Contessa**
8.00 **American Adventure**
9.00 **River Cottage Every Day**
10.00 **Mediterranean Adventure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **Mediterranean Adventure**
7.00 **Great British Bake Off**
9.00 **Tom Kerridge's American Feast**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 25/25. (S7)
9.00 **The Fall Guy** 22/23. (S2)
10.00 **Knight Rider** 13/22. (S4)
11.00 **FILM Battle Star Wars** Sci-fi action drama. (2020, 12, 86min) ★
12.45 PM **FILM The Lost World** Adventure. (1960, PG, 98min) ★★
2.40 **FILM Earthquake** Disaster drama. (1974, PG, 129min) ★★★
5.00 **Star Trek** 14/24. (S3)
6.00 **Knight Rider** 14/22. (S4)
7.00 **The Fall Guy** 23/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM 3 Days to Kill** Action thriller. (2014, 12, 117min) ★★★
11.15 **FILM Deadly Target** Thriller. (2015, 15) ★★
1.00 AM **FILM The Inglorious Bastards** World War Two thriller. (1978, 15, 99min) ★★
3.00 **to 4.50** AM **FILM Dog Eat Dog** Thriller. (2015, 18, 93min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Weather Wars** As 5.00pm.
8.00 **FILM The Philadelphia Experiment** Sci-fi mystery thriller remake. (2012, 15, 89min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Ape vs Monster** Sci-fi action adventure. (2021, 12, 88min) ★★
1.00 PM **The Gambler V: Playing for Keeps**
3.00 **The Lost World** (S3)
4.00 **The A-Team** 15/23. (S4)
5.00 **FILM Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 16/23. (S4)
9.00 **FILM Red Rock West** Comedy thriller. (1992, 15, 98min) ★★★★
11.00 **FILM American Siege** Thriller starring Bruce Willis and Janet Jones. (2021, 15, 91min) ★★
1.00 **to 3.00** AM **FILM Red Rock West** As 9.00pm.
+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Weird or What?**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Secret Societies: In the Shadows**
10.00 **World's Greatest Treasure Mysteries**
11.00 **Forbidden History**
12.00 M'T **Weird Britain**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Into Death Valley with Nick Knowles**
10.00 **Escaping Death Valley with Nick Knowles**
11.00 **Ben Fogle: New Lives in the Wild** Texas.
12.00 NOON **Reuben: Life in the Dales**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Documentary.
7.00 **Balmoral Castle: Upstairs, Downstairs**
8.00 **Ben Fogle: New Lives in the Wild** Georgia, USA.
9.00 **Susan Calman's Cruise of a Lifetime**
10.00 **Summer in the Scilly Isles** A 17th-century ship.
11.00 **Autopsy** Double bill.
1.00 AM **When TV Goes Horribly Wrong**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Mini Reni** New editions
10.00 **Celebrity IOU** New edition Rob Lowe joins forces with Jonathan and Drew Scott to level up the home of his friend and assistant of 27 years.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
4.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life** Whitney sets new goals.
9.00 **1000-lb Sisters**
10.00 **Baylen Out Loud**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Baylen Out Loud**
3.00 **Body Bizarre**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S6)
8.00 **Friends** 5/24. Joey takes Tag out on the town. **8.30** 6/24. Monica struggles to choose a maid of honour. (S7)
9.00 **Stupid Central** New editions Featuring the top five funniest dogs. **9.30** Featuring family-friendly fails and dodgy dancers.
10.00 **Kevin Bridges: The Story Continues** Stand-up performance.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park** (S14)
2.00 AM **Broad City**
3.00 **Dara O Briain: Voice of Reason**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** (S3)
11.00 **Friends** (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** (S3)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S6)
7.00 **Everybody Loves Raymond** 8-11/25. (S5)
9.00 **New Girl** 9&10/22. (S6)
10.00 **Friends** (S6)
1.00 AM **Beavis and Butt-Head** (S5)
2.00 **Key & Peele** (S2)
3.00 **Whose Line Is It Anyway? USA**
3.45 **Jimmy Carr: Comedy Central Live**
4.05 **Jimmy Carr: Comedy Central Live 2**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with...**
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure**
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Blood & Treasure** (S1)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own US Road Trip**
2.00 **Duck Quacks Don't Echo** With Rob Beckett.
3.00 **Road Wars**
4.00 **Celebrity Four...**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The Dramatic**
9.00 **Catfish: Wannabees**
10.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Love Triangles** Reality series.
1.00 PM **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Celebs on the Ranch**
8.00 **Teen Mom UK: Next Generation**
9.00 **Skin A&E**
10.00 **Ink Master: OGs vs. Young Guns** New edition
11.00 **Ink Master Redemption** New edition
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Two of the crew get into a fight on Kevin's claim. **4.00** Rick runs the last of Rally Valley's pay dirt.
5.00 **Building Off the Grid** A cabin in the Californian Redwoods.
6.00 **Baggage Battles** An object manufactured by Evel Knievel. **6.30** The bidders visit Shreveport in Louisiana.

9.00 Monsters of the Abyss

7.00 Wheeler Dealers World Tour In southern France, Mike and Elvis find a Citroën 2CV Fourgonnette.

8.00 Roadworthy Rescues Moving a 1964 Chevrolet Bel Air out of a field and back to his shop proves to be a tricky task for Derek.

9.00 Monsters of the Abyss Richie Kohler and Evan Kovacs investigate the World War Two sinking of U-boat 85 near Scotland, focusing on claims that it was attacked by a mysterious sea creature.

11.00 **Buying Alaska** A couple who dream of living in a log home. **11.30** A couple who want their own home on the river.
12.00 M'T **Moonshiners**
1.00 AM **Monsters of the Abyss**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** A Colorado family whose crops are failing.
9.00 **Saved by the Barn**
10.00 **Tanked** Music producer Wyclef Jean faces a tank emergency.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** A baby rattlesnake is rescued.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff discovers a worrying problem in a Great Dane.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson and the crew are joined by a group of young carpenters to build a treehouse escape.

8.00 Expedition Bigfoot Mireya and Ronny have a terrifying experience when they realise they are not alone in the forest.

9.00 Alaska: The Last Frontier The Kilchers work hard to save their family legacy as a snowstorm approaches.

10.00 Alaskan Bush People The ranch comes under fire from encroaching hunters, and Gabe learns how to ride a horse.

11.00 **Pit Bulls & Parolees** Lizzy and Joe try to catch a stray dog in a nearby neighbourhood.
12.00 M'T **Crikey! It's the Irwins** Robert rescues a swan.
1.00 AM **Expedition Bigfoot**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Colossal Machines**
2.00 PM **Inside the SS** Double bill.
4.00 **Destruction Decoded** A look at some of the most dramatic collapses in history.
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend rescue a 1973 Dennis fire engine.
6.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in western Europe.

8.00 Hurricane Katrina...

7.00 Air Crash Investigation One of Spain's worst ever aviation disasters, which initially seemed to have a clearly identifiable cause.

8.00 Hurricane Katrina: Race Against Time Series finale The future of a devastated New Orleans hangs in the balance.

9.00 To Catch a Smuggler New edition The extreme measures used by smuggling operations to transport drugs.

10.00 Trafficked with Mariana Van Zeller New edition Reports that young women are being trafficked from Vietnam to China.

11.00 **Air Crash Investigation** US Air Force pilots try to land a plane after losing two engines.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There**
1.00 PM **Holy Marvels with Dennis Quaid** As 8.00pm.
2.00 **Pharaohs at War** Focusing on the Battle of Raphia.
3.00 **Combat Trains** Double bill.
5.00 **Contraband: Seized at Sea**
6.00 **American Pickers** A California almond farm serves up hidden retro surf shop relics.

10.00 Mafia: Most Wanted

7.00 Forged in Fire Three blacksmiths face a challenge staged at Kalamazoo, Michigan.

8.00 Holy Marvels with Dennis Quaid New edition The actor recalls tales of iconic sacred weapons.

9.00 Pharaohs at War New edition The Battle of Raphia, fought in 217 BC near modern Rafah.

10.00 NEW SERIES Mafia: Most Wanted The inner workings of a major criminal operation in Toronto, Canada.

11.00 **Holy Marvels with Dennis Quaid** Acts committed in the name of revenge.
12.00 M'T **Close Encounters Down Under** Melbourne's long history of UFO sightings.
12.55 AM **The Proof Is Out There**
1.50 **Pharaohs at War** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War**
5.00 **War Factories** A look at Henry Ford's plan, with the help of Albert Kahn, to build a giant factory in Michigan.
6.00 **Antiques Roadshow** Fiona Bruce and the experts return to Cheltenham Town Hall.

11.00 Great American Trail

7.00 Mediterranean with Simon Reeve Simon heads to Malta, southern Italy and Albania.

8.00 Canal Boat Diaries Robbie Cumming tackles the River Trent. **8.30** Robbie breaks down in Nottingham.

9.00 Tropic of Cancer with Simon Reeve Simon travels through Western Sahara, Mauritania, Algeria and Libya.

10.00 Bangers & Cash Derek collects a huge haul including two Bentleys, a Daimler and a traditional Bowtop caravan.

11.00 **Billy Connolly's Great American Trail** Billy embarks on a journey across the US, following the migratory trail of the Scots through America.
12.00 M'T **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Shed and Buried**
9.00 **Mike Brewer: Born Dealer** New edition Mike trades a classic Citroën for an F-Type Jaguar.
10.00 **Find It, Fix It, Drive It** Henry Cole and Sam Lovegrove fix up a MG Midget that they found in Northern Ireland.
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Real-life cases.
12.00 NOON **Married to Evil**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Focusing on the case of Carla Fuqua.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** The body of 22-year-old college student Linda Yalem is discovered.
8.00 **Donal MacIntyre's UK Killer Evidence** After Sean Humphrey is found dead at home, police use forensic evidence to find a suspect.
9.00 **To Catch a Killer** The case of Jackie English, who was spotted getting into a car after work.
10.00 **It Takes a Killer** A family of atheists walk away from their life's work. **10.30** Officers investigate a killing at a construction site.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Voice of a Serial Killer** The disappearance of Becky Watts.
10.00 **Uncovering Melanie's Murderer** Documentary.
11.00 **Medical Detectives**
2.00 PM **Evidence of Evil**
4.00 **Medical Detectives** How a forensic anthropologist discovered the truth about a man's death. **4.30** A man is killed when a pipe bomb detonates in a home. **5.00** How detectives caught a murder suspect within 12 hours. **5.30** Computer forensics help to catch a killer. **6.00** A forensic geologist tries to solve the murder of a man. **6.30** Two men confess to the same murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked...**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the...**
8.35 **Wrecks That Changed...**
9.35 **Besieged Fortresses, Legendary Battles**
10.40 **A Final Landing on Iwo Jima** Documentary.
11.55 **Symbols of Evil**
1.00 PM **America the...**
1.35 **Wrecks That Changed...**
2.35 **Besieged Fortresses, Legendary Battles**
3.50 **A Final Landing on Iwo Jima** Documentary.
5.00 **Symbols of Evil**
6.15 **Wrecks That Changed the World** Documentary.
7.15 **NEW SERIES Besieged Fortresses, Legendary Battles** The fortress of Richard the Lionheart.
8.20 **A Final Landing on Iwo Jima** Documentary.
9.40 **Symbols of Evil**
10.50 **Besieged Fortresses, Legendary Battles**
12.00 M'T **A Final Landing on Iwo Jima** Documentary.
1.15 **to 2.00** AM **America the Bountiful**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Joseph Cotten**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Juan Carlos: Downfall of the King** As 7.00pm.
10.55 **Ghislaine Maxwell: Epstein's Shadow** As 7.55pm.
12.00 NOON **Wise Guy: David Chase and The Sopranos**
3.00 PM **David Frost Vs**
4.00 **Discovering: Joseph Cotten**
5.00 **The Directors**
6.00 **The Sixties**
7.00 **Juan Carlos: Downfall of the King** 1/4. The story of the rise and fall of the former Spanish King Juan Carlos I.
7.55 **Ghislaine Maxwell: Epstein's Shadow** 1/3. The complicated life of the former socialite.
9.00 **The Girl Who Caught a Killer**
11.25 **100 Foot Wave**
12.30 AM **Steve McQueen: The Lost Movie** Documentary.
2.20 **Missile from the East**
4.10 **The Directors**
5.05 **to 6.00** AM **Discovering: Joseph Cotten**

Sky Nature

145 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Islands**
10.00 **Brazil Untamed**
11.00 **A Cheetah's Pride**
12.00 NOON **Wild Rockies**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Islands**
4.00 **Brazil Untamed**
5.00 **Uptown Otters**
6.00 **Wild Rockies**
7.00 **Monkey Life** Double bill.
8.00 **Airborne** How airborne creatures navigate the skies.
9.00 **Undiscovered Vistas** Chile's Atacama Desert, the world's driest non-polar region.
10.00 **Wild Rockies** The animals that live in the Rocky Mountains.
11.00 **Uptown Otters**
12.00 M'T **A Cheetah's Pride**
1.00 AM **Wild Castles**
2.00 **Airborne** As 8.00pm.
3.00 **Undiscovered Vistas**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Islands**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence**
9.00 **Ancient Superstructures**
10.00 **Greatest Heists with Pierce Brosnan**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?**
8.00 **Auction Hunters**
9.00 **Queens of Ancient Egypt**
10.00 **Al Murray: Why Do the Brits Win Every War?** Bruno Tonioli joins Al to examine key battle tactics of the Roman Invasion.
11.00 **MonsterQuest**
12.00 M'T **Ancient Aliens**
2.00 AM **What on Earth?**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder By Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **When Missing Turns to Murder** New edition
A 32-year-old mother-of-two whose body was never found.
10.00 **West End Murders**
11.00 **Faces of Evil**
12.00 M'T **Murder By Medic**
1.00 AM **When Missing Turns to...**
2.00 **An Hour to Kill**
3.00 **Last Night Out** New edition
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
3.00 **Pond Stars**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **NEW Africa's River Titans**
The largest animals living alongside Africa's rivers.
8.00 **Incredible Animal Journeys** Alaska's great salmon run.
9.00 **World's Deadliest Whale** The hunting tactics of killer whales.
10.00 **Northwoods Survival** Spring has arrived and Margot searches for a bear.
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Cyril and his team battle a flooded forest.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest Animals**

Discovery History

174 147 181 320 325

7.00 AM **Expedition Unknown**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown** Explorer Josh Gates presents from the chambers of an excavation site.
9.00 **Secrets Underground** A train filled with stolen Nazi gold said to be hidden in Poland.
10.00 **How Do They Do It?**
11.00 **Incredible Engineering Blunders: Fixed** Justin goes inside an offshore wind turbine.
12.00 M'T **The 1980s: The Deadliest Decade** The murder of young mother and teacher Betty Gore.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **999 Rescue Squad**
11.00 **Inside the Ambulance**
12.00 NOON **999 Rescue Squad**
1.00 PM **Inside the Ambulance**
3.00 **999 Rescue Squad**
5.00 **Inside the Ambulance**
6.00 **999 Rescue Squad** The response team race to the rescue of a worker trapped in a collapsed trench.
7.00 **Inside the Ambulance** Medics must respond to a case of gang violence.
8.00 Paramedics help a man with abdominal pain.
9.00 **999 Rescue Squad** Featuring a stand-off involving a man wielding a samurai sword in South Yorkshire.
10.00 HART staff must treat one of their own following a freak accident involving a 4x4.
11.00 **Inside the Ambulance**
1.00 AM **999 Rescue Squad**
1.55 **Inside the Ambulance**
2.55 **999 Rescue Squad**
4.25 **to 6.00** AM **Inside the Ambulance**

+1 hour 266 376

ID

154 141 166

8.00 AM **I'd Kill for You**
9.00 **People Magazine Investigates**
11.00 **Swamp Murders**
1.00 PM **Nightmare Next Door**
2.00 **A Killer's Mistake**
3.00 **The Perfect Murder**
5.00 **Married to Evil**
7.00 **Where Murder Lies** The fatal stabbing of a married student.
8.00 A couple ravaged by a crime so convoluted it nearly defies imagination.
9.00 **The Grindr Killer: A Faking It Special** Experts reveal how easy it was for Stephen Port to deceive, and how and why those lies were believed.
10.00 **On the Case with Paula Zahn** Police officers arrive at the scene of the chilling murder of Lee Rotatori.
11.00 **Death by Fame** A woman and her family strike it rich – but not everyone wants them to shine.
12.00 M'T **The Curious Case of Natalia Grace** Double bill.
2.00 AM **Married to Evil**
4.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Engine Addict with Jimmy...**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop** Richard threatens to ditch the whole project.
10.00 **Engine Addict with Jimmy de Ville** Jimmy heads to Warsaw.
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

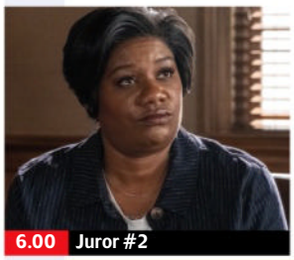
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **The Sloth Lane** (2024)
8.05 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
9.35 **Sonic the Hedgehog 3** (2024)
11.30 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
1.05 PM **September 5** Thriller. (2024, 15, 95min) ★★★★
2.45 **Gator Creek** As 11.50pm.
4.15 **Long Gone Heroes** As 10pm.
6.00 **Juror #2** Clint Eastwood's thriller starring Nicholas Hoult. (2024, 12, 113min) ★★★★


6.00 Juror #2

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Long Gone Heroes Action thriller starring Eden Brolin, Andy Garcia and Melissa Leo. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101min)

11.50 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
1.30 AM **The Thicket** Western. (2024, 15, 108min) ★★★
3.25 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
5.25 **to 7.00** AM **The Sloth Lane** Animated family adventure. (2024, PG, 90min)

Sky Cinema Hits

303 303 403 503 517

6.00 AM **Star Trek: Generations** Sci-fi. (1994, PG, 118min) ★★★
8.00 **Star Trek: First Contact** Sci-fi. (1996, 12, 110min) ★★★★
9.55 **David Brent: Life on the Road** Comedy. (2016, 15, 96min) ★★
11.40 **Hellboy** (2004, 12) ★★★★
1.55 PM **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
3.50 **A League of Their Own** Comedy. (1992, PG) ★★★★
6.00 **Mean Girls** Musical remake. (2023, 12, 112min) ★★★

6.00 Mean Girls

8.00 Fast & Furious 8 Action adventure sequel starring Vin Diesel and Charlize Theron. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. With Jason Statham, Dwayne Johnson and Kurt Russell. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 The Legend of Zorro Adventure sequel starring Antonio Banderas and Catherine Zeta-Jones. (2005, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. (2018, 15, 121min) ★★★
2.40 **Knocked Up** Romantic comedy starring Seth Rogen. (2007, 15, 129min) ★★★★
4.50 **to 6.40** AM **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **The Color Purple** As 10pm.
9.05 **Wimbledon** As 12.35am.
11.00 **A Nice Indian Boy** As 2.20am.
12.45 PM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
2.40 **One Life** Fact-based drama. (2023, 12, 105min) ★★★★
4.35 **Wildhood** Drama starring Steve Lund. (2021, 15, 108min) ★★★
6.35 **My First Summer** Drama. (2020, 15, 80min) ★★★

8.00 Chicago Screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
10.00 The Color Purple Musical drama based on Alice Walker's 1982 novel, starring Fantasia Barrino, Taraji P Henson, Colman Domingo and Danielle Brooks. Torn apart from her sister and children, a woman finds strength in new friendships. (2023, 12, 141min) ★★★

12.35 AM **Wimbledon** Romantic sports comedy starring Paul Bettany. (2004, 12, 98min) ★★★
2.20 **A Nice Indian Boy** Romantic comedy. (2024, 12, 96min) ★★★
4.10 **My First Summer** As 6.35pm.
5.40 **to 7.10** AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.30 AM **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
9.50 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
11.25 **Star Trek The Motion Picture** Sci-fi. (1979, U, 132min) ★★★
1.45 PM **Star Trek Beyond** Sci-fi. (2016, 12, 122min) ★★★★
4.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

6.05 **The Purge: Anarchy** Horror sequel starring Frank Grillo. (2014, 15, 102min) ★★★
8.00 **Passengers** Sci-fi drama starring Jennifer Lawrence, Chris Pratt and Michael Sheen. Two travellers on a spaceship are woken 90 years before the end of their colonisation mission. (2016, 12, 116min) ★★★
10.05 **Hannibal Rising** Thriller prequel based on the book by Thomas Harris, starring Gaspard Ulliel. (2007, 18, 116min) ★★★

12.20 AM **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
2.10 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
3.45 **Friday the 13th Part II** Horror sequel. (1981, 18, 87min) ★★
5.25 **to 7.30** AM **Salem's Lot** Horror. (2024, 15, 109min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.10 AM **Peter Pan** Adventure. (2003, PG, 113min) ★★★★
9.10 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
11.10 **IF** Fantasy adventure. (2024, U, 104min) ★★★
1.00 PM **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★
3.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★

8.00 The Karate Kid: Part III

8.00 **The Karate Kid: Part III** Martial arts adventure sequel starring Ralph Macchio. Young karate champion Daniel LaRusso and his mentor Mr Miyagi tangle with their old enemy Kreese. With Noriyuki 'Pat' Morita. (1989, PG, 111 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

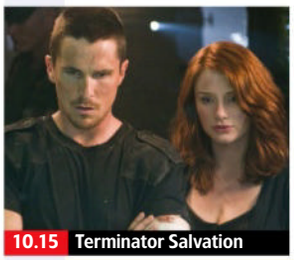
10.00 **Small Soldiers** Fantasy adventure starring Kirsten Dunst. A toy company launch a new range of deadly action dolls with a life of their own. (1998, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Robin and the Hoods** Comedy with Naomie Harris. (2024, PG, 101 min) ★★
1.45 AM **Pups United** Adventure. (2015, U, 89min) ★★★
3.20 **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
5.00 **to 6.35** AM **Big Fat Liar** Teen comedy with Frankie Muniz. (2002, PG, 88min) ★★★

Sky Cinema Action

307 307 407 507 521

6.50 AM **Spider-Man 3** Fantasy. (2007, 12, 139min) ★★★
9.15 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
11.35 **The Amazing Spider-Man 2** Fantasy. (2014, 12) ★★★
2.00 PM **Madame Web** Fantasy. (2024, 12, 116min) ★★★
4.00 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
6.00 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★



10.15 Terminator Salvation

8.00 **William Tell** Historical drama starring Claes Bang. During the 14th century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. With Connor Swindells, Ben Kingsley and Jonathan Pryce. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
2.20 **Django Unchained** Director Quentin Tarantino's Western. (2012, 18, 165min) ★★★★
5.05 **to 6.40** AM **Arcadian** Horror. (2024, 15, 92min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Scott Pilgrim vs. the...**
9.00 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
10.45 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
12.30 PM **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
2.15 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.10 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
6.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

9.55 Funny Cow

8.00 **Anyone But You** Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly – until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Funny Cow** Comedy drama starring Maxine Peake and Stephen Graham. A comedian fights for success on the working men's club scene of 1970s northern England. (2017, 15, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Ferris Bueller's Day Off** Teen comedy from John Hughes. (1986, 12, 103min) ★★★★
1.35 AM **'About Last Night...'** Drama. (1986, 18, 113min) ★
3.35 **Scott Pilgrim vs. the World** Quirky comic-book comedy. (2010, 12, 112min) ★★★★
5.35 **to 7.15** AM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Ruthless** As 1.45am.
7.45 **Eileen** As shown at 3.25am.
9.35 **Naked Singularity** As 10.10pm.
11.20 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
1.15 PM **Inferno** Adventure thriller. (2016, 12, 121 min) ★★★
3.30 **RocknRolla** Guy Ritchie's crime comedy thriller. (2008, 15, 110min) ★★
5.35 **The Island** Sci-fi action thriller starring Ewan McGregor. (2005, 12, 136min) ★★★

10.10 Naked Singularity

8.00 **Split** Director M Night Shyamalan's thriller starring James McAvoy. After being abducted by a kidnapper with multiple personalities, three young women become engaged in a fight for survival. With Anya Taylor-Joy. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Naked Singularity** Crime comedy drama starring John Boyega. A young New York City public defender decides to rob a multi-million-dollar drug deal of one of his clients. (2021, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **American Star** Mystery thriller. (2023, 15, 107min) ★★★★
1.45 AM **Ruthless** Action thriller. (2023, 15, 92min) ★★★
3.25 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
5.05 **to 6.35** AM **Head Count** Thriller. (2023, 15, 77min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Wonder Park** Animation. (2019, PG, 85min) ★★★★
12.50 PM **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
2.40 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
5.05 **The Wackiest Ship in the Army** World War Two comedy. (1960, U, 95min) ★★★
7.10 **Made in Italy** Comedy drama. (2020, 15, 94min) ★★★

10.50 Gangs of New York

Made in Italy (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **65** Action adventure starring Adam Driver and Ariana Greenblatt. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. (2023, 12, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Gangs of New York** Period crime thriller directed by Martin Scorsese and starring Leonardo DiCaprio and Daniel Day-Lewis. (2002, 18, 168min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

2.10 **to 4.00** AM **My Heart Can't Beat Unless You Tell It To** Horror starring Patrick Fugit. (2020, 15, 90min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

8.05 AM **Rear Window** As 1.40am.
10.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
12.00 NOON **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
2.10 PM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
4.35 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. (2015, 15, 112min) ★★★★

6.20 **Cleaner** Action thriller starring Daisy Ridley and Clive Owen. (2025, 15, 97min) ★★★
8.00 **The Beekeeper** Action thriller starring Jason Statham. (2023, 15, 105min) ★★★
9.50 **28 Days Later...** Horror thriller starring Cillian Murphy, Naomie Harris, Megan Burns, Brendan Gleeson and Christopher Eccleston. A small group of people struggle to survive when a deadly virus devastates the UK. (2002, 18, 113min) ★★★★

11.50 **Law Abiding Citizen** Thriller. (2009, 18, 109min) ★★
1.40 AM **Rear Window** Classic Hitchcock suspense movie. (1954, PG, 112min) ★★★★★
3.45 **Eye in the Sky** As 4.35pm.
5.40 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.45 AM **Weird Science** Teen fantasy comedy starring Kelly LeBrock. (1985, 12, 94min) ★★★
8.25 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
10.25 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
12.20 PM **Beverly Hills Cop II** Comedy thriller sequel. (1987, 15, 99min) ★★★

2.05 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
3.50 **Enter the Dragon** Action thriller. (1973, 18, 97min) ★★★★
5.35 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★
8.00 **Superman II** Fantasy adventure sequel with Christopher Reeve. (1980, PG, 127min) ★★★
10.10 **The Great Gatsby** F Scott Fitzgerald's melancholy tale starring Robert Redford and Mia Farrow. (1974, 12, 146min) ★★★

12.35 AM **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
2.45 **Midnight Express** Prison drama. (1978, 18, 120min) ★★★★
4.50 **to 6.45** AM **Star Trek: Insurrection** Sci-fi adventure. (1998, PG, 105min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.05 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★
7.30 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
9.15 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
10.50 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
12.45 PM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★

2.20 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
4.00 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
5.40 **Kung Fu Panda 2** Animated sequel. (2011, PG, 90min) ★★★★
7.20 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
9.05 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
10.40 **Extinct** Animated adventure. (2021, U, 84min) ★★★

12.10 AM **The Inseparables** Animation. (2023, U, 90min) ★★★
1.45 **Batman Unlimited: Monster...**
3.15 **The Road to El Dorado** Animation. (2000, U) ★★★
4.50 **to 6.20** AM **Spirit: Stallion of the Cimarron** Animation. (2002, U, 84min) ★★★

Movies 24

312 313 419

7.00 AM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
9.00 **Wedding of a Lifetime** Romantic comedy drama. (2022, PG, 84min) ★★
11.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
1.00 PM **The Journey Ahead** Comedy. (2022, PG, 102min) ★★
3.00 **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★

5.00 **Sweet on You** Romantic comedy. (2023, PG, 85min) ★★
7.00 **The Date Whisperer** Romantic drama starring Jenna Michno. (2023, PG, 87min) ★★
9.00 **Heart of the Manor** Romantic comedy starring Ashlynn Yennie and Ross Jirgl. A real-estate agent finds herself in competition with a developer who wants to buy her family's historic estate. (2021, PG, 85min) ★★
11.00 **Aloha Heart** Romantic drama. (2023, PG, 90min) ★★

1.00 AM **Romantic Rewrite** Romantic comedy drama. (2022, PG, 82min) ★★
3.00 **to 5.00** AM **Game, Set, Love** Romantic comedy drama. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 4/38. (S1)
6.35 **Murder in Eden** Crime drama. (1961, b/w, U, 64min) ★★★
7.55 **Account Rendered** Mystery. (1957, b/w, PG, 59min) ★★★
9.10 **Cinebox Memories**
9.15 **Laxdale Hall** Comedy. (1953, b/w, U, 77min) ★★
10.50 **Linda** Drama starring Carol White and Alan Rothwell. (1960, b/w, PG, 60min) ★★★

12.05 PM **The Tall Men** Western. (1955, PG, 122min) ★★★
2.35 **Confession** Crime thriller. (1955, b/w, PG, 90min) ★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 24/39. (S1)
5.30 **Bonanza** 27/32. (S1)
6.30 **The Vise** 5/39. (S1)
7.00 **The Footage Detectives**
8.00 **Public Eye** 7/13. (S7)
9.05 **The Silent Partner** Thriller. (1978, 15, 105min) ★★★
11.15 **The Lineup** Crime thriller. (1958, b/w, PG, 86min) ★★★

1.00 AM **Panic in Year Zero** Thriller. (1962, b/w, 18, 93min) ★★★
2.45 **An Affair in Mind** Drama. (1988, 12, 90min) ★★★
4.35 **Talking Pictures with Tyler Butterworth**
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

MONDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM **Sky Sports Catch Up**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 2.00 **Sports Desk** Sports news.
- 3.00 **LIVE The Hundred Manchester Originals v London Spirit.** Coverage of the women's match staged at Emirates Old Trafford in Manchester. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred Manchester Originals v London Spirit.** Coverage of the men's from Emirates Old Trafford, Manchester. Start-time **6.30pm**.
- 9.30 **LIVE WTA & ATP Tennis** Day five of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. The seeded players in the top half of the men's draw all had a straightforward progression to the quarter-finals at this stage last year. In the women's draw, the number five seed, Jasmine Paolini, was knocked out following a three-set loss to Mirra Andreeva.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Legends**
- 8.00 **Premier League 100 Club** A profile of Sadio Mane.
- **8.30** A look at Les Ferdinand's 149 Premier League goals.
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** The 2008/09 season.
- 3.00 **PL Retro** A re-run of Arsenal v Manchester United from 1997.
- 5.00 **Fantasy Show** A look ahead to the new Premier League season.
- 6.00 **Premier League Preview** A look ahead to the top-flight campaign, which starts on Friday.
- 7.00 **Sky Sports News**
- 8.00 **Premier League Years** A look back at the 2024/25 season.
- 10.00 **Transfer 360**
- 10.30 **Premier League Stories** A look at Sunderland's top flight return.
- 11.00 **Premier League Years** The 2009/10 season.
- 1.00 AM **PL Retro** Action from Chelsea v Liverpool from 2002/03.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **EFL** Play-off finals.
- 9.00 **SPFL Round-Up**
- 9.15 **SPFL Highlights**
- 9.30 **EFL Greatest Games**
- 10.00 **Championship Retro**
- 12.00 NOON **SPFL** Aberdeen v Celtic.
- 2.00 PM **EFL Highlights**
- 3.00 **SPFL Round-Up**
- 3.15 **SPFL Highlights**
- 3.30 **EFL Highlights**
- 5.00 **EFL Greatest Games**
- 6.00 **EFL League One Goals**
- 6.30 **EFL League Two Goals**
- 7.00 **EFL Highlights**
- 8.30 **SPFL Round-Up**
- 8.45 **SPFL Highlights**
- 9.00 **EFL Highlights** West Bromwich Albion v Blackburn Rovers.
- **9.15** Middlesbrough v Swansea City in the Championship.
- **9.30** Norwich City v Millwall.
- **9.45** Oxford United v Portsmouth.
- 10.00 **EFL League One Goals**
- 10.30 **EFL League Two Goals**
- 11.00 **EFL Greatest Games**
- 12.00 M'T **EFL Cup Retro**
- 2.45 AM **EFL Greatest Games**
- 4.00 **Championship Season Review**
- 5.00 **Best Goals: EFL Cup 2021-22**
- 5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 514 504 422 442

- 6.00 AM **The Hundred** Action from Southern Brave Women v Birmingham Phoenix Women.
- 9.15 **The Hundred Bitesize**
- 10.00 **The Hundred** Trent Rockets Men v Northern Superchargers Men.
- 1.30 PM **The Hundred Bitesize**
- 2.45 **LIVE The Hundred Manchester Originals v London Spirit.** Coverage of this afternoon's women's match staged match from Emirates Old Trafford, Manchester. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred Manchester Originals v London Spirit.** Coverage of the men's match from Old Trafford, Manchester. The Originals claimed a 12-run victory when the teams met at Lord's last year with the help of an innings of 58 off 41 balls from Phil Salt. It proved to be their only win of the season, but the Spirit still finished one place below them at the bottom of the table. Start-time **6.30pm**.
- 9.30 **The Hundred Bitesize**
- 10.15 **The Hundred**
- 1.30 AM **The Hundred Bitesize**
- 2.00 **The Hundred**
- 5.30 **to 6.00** AM

Sky Sports Golf

406 406 515 505 423 443

- 6.00 AM **Turkish Airlines Masterclass**
- 6.30 **Countdown to the 2025 Ryder Cup** A preview.
- 7.00 **DP World Tour Golf**
- 12.00 NOON **PGA Tour Golf**
- 5.00 PM **HotelPlanner Tour Golf**
- 5.30 **Ryder Cup Memories**
- 6.00 **Countdown to the 2025 Ryder Cup** A preview.
- 6.30 **DP World Tour Golf**
- 7.00 **PGA Tour Golf** A review of the St Jude Championship.
- 8.00 **Legends Tour Golf** The Staysure PGA Seniors Championship.
- 9.00 **PGA Tour Golf** A review of the St Jude Championship.
- 10.00 **DP World Tour Golf** Action from the Nexo Championship.
- 10.30 **Legends Tour Golf**
- 11.30 **PGA Tour Golf**
- 12.30 AM **DP World Tour Golf**
- 1.00 **PGA Tour Golf**
- 5.00 **to 6.00** AM **Ladies European Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

- 6.00 AM **ATP Tour This Week**
- 6.30 **WTA Tennis** Canadian Open.
- 7.00 **ATP Tennis** Canadian Open.
- 8.00 **WTA & ATP Tennis** Action from day four of the Cincinnati Open.
- 4.00 PM **LIVE WTA & ATP Tennis** Coverage of day five of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
- 4.00 AM **ATP Sizzle Reel 2024**
- 4.15 **WTA Sizzle Reel 2024**
- 4.30 **ATP Tennis** From Monaco.
- 4.45 **Martina Navratilova: Unstoppable**
- 5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Men's Cycling World Tour**
- 7.00 **FA Community Shield**
- 8.30 **The Fantasy Show**
- 9.30 **Premier League Stories**
- 10.00 **Saudi Masters Snooker**
- 12.00 NOON **LIVE Saudi Masters Snooker** The first session of round four of the tournament, which takes place at Green Halls in Jeddah, Saudi Arabia.
- 3.15 PM **Premier League Review**
- 5.15 **FA Community Shield** Crystal Palace v Liverpool.
- 6.45 **Training Day**
- 7.00 **LIVE British Speedway Sheffield Tigers v Belle Vue Aces.** Coverage from the 11th round of the season at Owlerton Stadium in Sheffield.
- 10.00 **British Superbikes Highlights** The sixth round of the season.
- 11.00 **Race Bikes** The Honda RN-01.
- 11.30 **SailGP: Racing on the Edge**
- 12.00 M'T **MLB Highlights**
- 1.00 AM **LIVE MLB Houston Astros v Boston Red Sox.** Coverage of the American League match from Daikin Park. Start-time **1.10am**.
- 4.15 **MLB Plays of the Week**
- 4.45 **The Gruppetto** Cycling action.
- 5.00 **to 6.00** AM **EWC All Access**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **SailGP: Racing on the Edge**
- 6.30 **International T20 Cricket**
- 7.30 **Test Cricket Highlights**
- 8.30 **LIVE Test Cricket Zimbabwe v New Zealand.** Coverage of day five of the second Test in the two-match series at Queens Sports Club,. This series is the first since a two-match series in 2016 when the visitors won both matches, as they secured victories by 254 runs and an innings and 117 runs.
- 5.00 PM **SailGP: Racing on the Edge**
- 5.30 **What I Wore**
- 6.00 **International T20 Cricket** Australia v South Africa.
- 7.00 **One Day International Cricket** West Indies v Pakistan.
- 8.00 **The Gruppetto** Cycling action.
- 8.15 **Training Day** Visiting Everton.
- 8.30 **The Football Archives: UEFA Champions League**
- 9.00 **Fishing: On the Bank**
- 10.00 **Fight Week** Preview of UFC 319.
- 10.45 **UFC Connected**
- 11.15 **UFC** Dolidze v Hernandez.
- 2.15 AM **Fight Week**
- 3.00 **British Superbikes**
- 4.30 **Test Cricket Highlights**
- 5.30 **to 6.00** AM **In My Blood**

Sky Sports Action

412 410 517 507 426 446

- 6.00 AM **The Rugby Championship**
- 10.00 **Lions Legends** Profiles.
- 11.00 **Super League Highlights**
- 12.00 NOON **The Rugby Championship** From 2024.
- 4.00 PM **Lions Legends** Welsh number eight Mervyn Davies.
- 4.15 **Premier League Darts** A chance to see Finals Night at the O2 Arena in London, which featured Luke Littler v Gerwyn Price, and Luke Humphries v Nathan Aspinall in the semi-finals.
- 7.45 **Rugby Union Retro** Jeremy Guscott looks back at South Africa v British & Irish Lions from 1997.
- 8.00 **British and Irish Lions Tour** The match between British & Irish Lions and Argentina in Dublin.
- **9.00** The match between Western Force and British & Irish Lions at Optus Stadium in Perth.
- 10.00 **The Rugby Championship** The match between Australia and South Africa from 2024.
- **12.00** M'T New Zealand v Argentina from 2024.
- 2.00 AM **Rugby Union Retro**
- 2.45 **Super League Highlights**
- 3.00 **British and Irish Lions Tour**
- 5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 518 508 427 447

- 6.00 AM **Sky Sports Catch Up**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 2.00 **Sports Desk**
- 4.00 **LIVE WTA & ATP Tennis** Coverage of day five of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. The seeded players in the top half of the men's draw all had a straightforward progression to the quarter-finals at this stage last year, with Andrey Rublev, Alexander Zverev, and Ben Shelton all claiming straight-set victories, while Jannik Sinner was the beneficiary of seeing his opponent withdraw before the first serve. In the women's draw, the number five seed, Jasmine Paolini, was knocked out following a three-set loss to Mirra Andreeva, but fellow seeded players Iga Swiatek, Aryna Sabalenka, and Liudmila Samsonova all made it to the next round.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **EFL Greatest Games**
- 7.00 **WTA Tennis** Canadian Open.
- 7.30 **ATP Tennis** Canadian Open.
- 8.30 **The Hundred Bitesize**
- 9.30 **Formula 1** From 2022 & 2023.
- 11.30 **The Hundred Bitesize**
- 12.30 PM **WTA Tennis** Canadian Open.
- 1.00 **ATP Tennis** Canadian Open.
- 2.00 **PL Greatest Games**
- 3.00 **PDC Classics**
- 4.00 **PL Retro** Chelsea v Tottenham Hotspur from the 2015/16 season.
- 6.00 **The Hundred Bitesize**
- 6.30 **Untethered** Melanie Barratt's attempt to be the first blind woman to swim the Channel solo.
- 8.00 **WTA Tennis** Canadian Open.
- 8.30 **ATP Tennis** Canadian Open.
- 9.30 **The Hundred Bitesize**
- 10.30 **DP World Tour Golf**
- 11.00 **PGA Tour Golf**
- 12.00 M'T **PL Greatest Games**
- 1.00 AM **PDC Classics**
- 2.00 **Legends Tour Golf**
- 3.00 **EFL Greatest Games**
- 4.00 **PGA Tour Golf**
- 5.00 **to 6.00** AM **Ladies European Tour Golf**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Saudi Masters Snooker**
- 8.00 **British Superbikes**
- 9.30 **SailGP: Racing on the Edge**
- 10.00 **Sign Up: Into Football**
- 11.00 **Premier League Preview**
- 12.00 NOON **LIVE Saudi Masters Snooker** Coverage from the first session of round four, at Green Halls in Jeddah, Saudi Arabia.
- 3.00 PM **eSports Show**
- 3.30 **Cycling** The Tour of Poland.
- 4.30 **Men's Cycling Pro Series**
- 5.30 **Formula E Unplugged**
- 6.00 **LIVE Saudi Masters Snooker** Coverage from the second session of round four, at Green Halls in Jeddah, Saudi Arabia.
- 9.00 **Longines Global Champions Tour** The Grand Prix of London.
- 10.00 **NWSL** Recent action.
- 12.00 M'T **Test Cricket Highlights**
- 1.00 AM **International T20 Cricket**
- 2.00 **One Day International Cricket**
- 3.00 **WNBA** Recent action.
- 4.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **AFL** Replays of matches in the Australian Football League.
- 1.30 PM **MLB Highlights**
- 2.30 **WNBA** Action from New York Liberty v Minnesota Lynx.
- 3.30 **British Superbikes** Action from the first, second and third races of the sixth round of the season at Thruxton Circuit in Hampshire.
- 5.00 **MLB Highlights** Baseball action.
- 6.00 **LIVE Ultimate Pool** Group 11 of the Pairs Cup, as some of the country's leading eightball players battle for places in the next stage.
- 9.30 **MLB Highlights** Baseball action.
- 10.30 **AFL** Action from Hawthorn Hawks v Collingwood Magpies.
- **12.00** M'T Action from Geelong Cats v Essendon Bombers.
- **1.30** AM Action from Richmond Tigers v St Kilda Saints.
- **3.00** Replay of the match between Brisbane Lions and Sydney Swans
- **4.30 to 6.00** AM Action from Carlton Blues v Gold Coast Suns.

Premier Sports 1

419 551

- 6.00 AM **MotorSport**
- 7.00 **Football's Greatest**
- 8.00 **LaLiga** Barcelona v Real Madrid.
- 10.00 **Transworld Sport** Magazine.
- 11.00 **World Surf League**
- 12.00 NOON **FIM Sidecarcross**
- 1.00 PM **Africa Eco Race**
- 2.00 **Football's Greatest**
- 3.00 **LaLiga** Recent action.
- 5.00 **LaLiga Specials**
- 6.00 **Viva LaLiga**
- 7.30 **LaLiga Specials**
- 9.00 **Top 14 Rugby Union** A look back at the 2024/2025 season.
- 10.00 **World Surf League** The Rio Pro.
- 11.00 **Desafio China by La Vuelta** The Cyclotourist event, which featured a circuit race, a team time trial, a family cyclotourist event, plus a linear race.
- 12.00 M'T **LaLiga** Recent action.
- 2.00 AM **Football's Greatest**
- 3.00 **MotorSport** Recent action.
- 4.00 **Transworld Sport** Magazine.
- 5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

- 6.00 AM **NASCAR** Action from the Go Bowling at The Glen.
- 10.00 **GP Confidential** A round-up of the latest Formula One news.
- 10.30 **Copa Del Rey** Barcelona v Real Madrid from the 2025 final.
- 1.30 PM **Bike World** Magazine.
- 2.00 **LaLiga News**
- 2.30 **Pre-Season Football**
- 4.30 **SPFL** Rangers v Dundee.
- 6.30 **Football's Greatest** The finest players discuss their careers.
- 7.00 **Pre-Season Football** Leeds United v AC Milan.
- 9.00 **Pre-Season Football** A re-run of from Wolverhampton Wanderers v Celta Vigo.
- 11.00 **NASCAR Trucks** The United Rentals 176 at The Glen, the 17th round of the season at Watkins Glen International in New York.
- 2.00 AM **Swedish Speedway** Action from an Elitserien meeting.
- 4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

407 407 516 506 424 444

- 6.00 AM **Formula 1** Highlights.
- 2.10 PM **Ted's Notebook**
- 2.40 **Formula 1** Japanese Grand Prix.
- 7.15 **Ted's Notebook**
- 7.45 **F1 Features**
- 8.00 **Formula 1** Highlights of the Japanese Grand Prix, the third round of the season at Suzuka Circuit in Suzuka City, Japan.
- **9.00** The 2024 Japanese Grand Prix, the fourth round of the season at Suzuka International Racing Course in Ino, Suzuka City.
- 10.00 **F1 Features**
- 10.30 **Indycar** Action from the BitNile.com Grand Prix of Portland.
- 1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

12 August

Evening Planner

Drama

In Flight
C4, 9pm
Katherine Kelly stars in this six-parter as a single mum and flight attendant who is forced into drug smuggling by a gangster.

Factual

Confessions of a Steroid Gang
BBC3, 9pm
A Welsh father and son who illegally manufactured and then sold steroids.

Sci-Fi

Resident Alien
Sky Max, 10pm
Extraterrestrial Harry (Alan Tudyk) needs to escape prison after a shape-shifting alien assumes his identity back on Earth.

Crime Drama

FBI: Most Wanted
Sky Witness, 10pm
Season six begins with Remy and Abby's relationship growing stronger – and an investigation into a detective's death.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 The Repair Shop		9.00 The Great British Sewing Bee		10.00 News; Local News	
	102 BBC2	‹ 6.00 The Hundred – Live: Birmingham Phoenix Men v Oval Invincibles Men (Start-time 6.30)					9.30 QI XL	10.15 Live...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Big Pound Shop Swap		9.00 In Flight		10.00 Celebrity Gogglebox	
	105 5	7.00 Somerset: Wonder of the West Country		8.00 Coastal Adventures with Helen, Jules...		9.00 Pompeii: Life in the City with Dan Snow		10.00 Ben Fogle: New Lives in the Wild	
	106 SKY SHOWCASE	‹ 6.55 The Office (US)	7.45 Film: Star Trek Beyond					10.00 Resident Alien	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Confessions of a Steroid Gang			10.30 Ladhood
	116 BBC4	7.00 Fred Dibnah's...	7.30 The Lakes with...	8.00 The Good Life	8.30 Yes, Minister	9.00 Victoria Wood: The Secret List			
	118 ITV2	‹ 6.40 Deal or No Deal	7.40 The Bachelor Australia			9.00 The Princess Diaries		10.00 Botched	
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 24 Hours in Police Custody...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 Gomorrah			
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.15 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Foyle's War	
	120 ITV4	7.00 Junk and Disorderly		8.00 King of the Roads		9.00 Hell's Kitchen		10.00 Film: Reservoir Dogs	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Ted			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs UFC		9.00 The Walking Dead: Dead City		10.00 Resident Alien	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Opry Live		8.00 Back to Basquiat			9.15 Catching Fire: The Story of Anita Pallenberg		
	132 U&W	7.00 MasterChef Australia		8.10 Inside the Ambulance		9.10 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Deadliest Catch		10.00 Gold Divers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Fall of Hitler				10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Secrets Declassified with David...		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Mediterranean with Simon Reeve		8.00 Classic Car Kings		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		7.55 Ghislaine Maxwell: Epstein's Shadow		9.00 The Nazi Cartel		10.00 The Two Escobars	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Gator Creek		8.00 Sonic the Hedgehog 3				10.00 Kraven the Hunter	
	302 FAVOURITES	‹ 5.55 Jaws		8.00 Jaws 2				10.00 Jaws 3	
	303 HITS	‹ 5.55 The Equalizer 2		8.00 Fury					10.15 Baywatch
	304 GREATS	‹ 5.50 Superman III		8.00 Superman IV – The Quest for Peace			9.35 The Karate Kid		
	305 ANIMATION	‹ 5.40 Kung...	7.20 The Prince of Egypt			9.05 Trolls Band Together			
	306 FAMILY	‹ 6.00 Stuart Little 2	7.30 A Dog's Purpose				9.15 The Cat in the Hat		
	307 ACTION	‹ 5.40 Fast & Furious 8		8.00 The Scorpion King				9.40 Bad Boys for Life	
	308 COMEDY	‹ 5.55 Yesterday		8.00 The Five-Year Engagement					10.05 You've Got Mail
	309 THRILLER	‹ 6.25 Unhinged		8.00 Ocean's Eight				10.00 Sherlock Holmes: A Game of Shadows	
	310 DRAMA	‹ 6.10 Bob Marley: One Love		8.00 Valentine's Day					10.15 Rent
	311 SCI-FI	‹ 6.00 The Purge: Election Year		8.00 Five Nights at Freddy's				9.50 Star Trek II: The Wrath of Khan	
	313 FILM4	7.00 The Greatest Showman				9.00 Nobody			
SPORT	401 MAIN EVENT	7.00 EFL Cup – Live: Bromley v Ipswich Town (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 Transfer 360
	403 FOOTBALL	7.00 EFL Cup – Live: Bromley v Ipswich Town (Kick-off 8.00)							
	405 CRICKET	‹ 6.00 The Hundred – Live: Birmingham Phoenix Men v Oval Invincibles Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	‹ 2.15 One Day International Cricket – Live: West Indies v Pakistan							
	411 TNT SPORTS 2	7.00 Onboard	7.30 British Speedway		8.30 FA Community Shield			10.15 MLB Highlights	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Wales, Coventry and Bristol. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Sarah Moore saves some bamboo furniture and two chandeliers. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** Items include a ceramic lamp and a sofa. (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Great British Sewing Bee

7 PM

7.00 **The One Show** Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 **EastEnders** Suki is suspicious when Avani and Eve make excuses to go off together, unaware they intend to go to a clinic. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition The team members work to restore four more items, including a remarkable wartime diary from Nazi-occupied Guernsey, a rusted railway lantern and a beloved dolls' house. (S)(AD)

9 PM

9.00 **The Great British Sewing Bee** New edition 5/10. The contestants face reduce, reuse and recycle week, in which they create a zero-waste workwear jacket, and raid wardrobes to make some new outfits. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW TO BBC1 **Confessions of a Steroid Gang** 1/3. How a north Wales father and son built a drug empire. *Previously on BBC3.* (S)(AD)
11.10 **Confessions of a Steroid Gang** New edition 2/3. As the steroid lab thrives, Andrew and Macaulay grow close but greed creeps in. (S)(AD)
11.40 Series finale 3/3. As the police begin to close in, Macaulay's paranoia grows as his addiction gets out of control. (S)(AD)
■ Entire series on BBC iPlayer
12.10 AM **Pointless Celebrities** (S)(R)
1.00 **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: The Repair Shop on the Road** Dominic Chinea and Will Kirk join the stonemasons working on York Minster. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **Beechgrove Repotted** A budding allotment holder blossoms as a gardener at Culzean Castle. (S)(R)
2.45 LIVE **Cricket: The Hundred** Birmingham Phoenix v Oval Invincibles: Coverage of the women's fixture from Edgbaston. The Invincibles claimed a 45-run victory when the sides met at the Oval last year with the help of an excellent innings of 71 from Paige Scholfield. Start-time is at 3.00. (S)

2.45 Cricket: The Hundred

6.00 LIVE **Cricket: The Hundred** Birmingham Phoenix v Oval Invincibles: Coverage of the men's match from Edgbaston. The Invincibles claimed an eight-wicket home win when the teams met last year, with Australian international Adam Zampa claiming the player of the match award for the victors after taking three wickets for the loss of just 11 runs. Start-time is at 6.30. (S)

9.30 **QI XL** Guests Maggie Aderin-Pocock, Ed Gamble and Tom Allen join regular Alan Davies and host Sandi Toksvig for an edition on the theme of animals beginning with the letter R. (S)(R)

10.15 **Live at the Apollo Bites** Highlights from the comedy showcase, with Ardal O'Hanlon, Lou Sanders and Kae Kurd. (S)
10.30 **Newsnight** (S)
11.00 **The Moors Murders: A Search for Justice** 2/2. The analysis of new evidence in the case sheds light on why previous investigations have failed to find the remains of 12-year-old Keith Bennett. (S)(R)
12.00 M'T **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
12.30 AM **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
1.30 **Sign Zone: Destination X** (S)(R)
2.30 **Sign Zone: MasterChef** (S)(R)(AD)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Mark Charnock, Kerry Godliman and Janet Street-Porter competing for the chance to win £50,000 for good causes. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Mike turns on Vinny, Ruby and Manpreet are in custody, while Charles is concerned. (S)(AD)

8.00 **Midsomer Murders** *The Blacktrees Prophecy:* Deep in Blacktrees Forest is a bombproof shelter built by a man named Warren Kaine. His extreme paranoia has drawn other survivalists to the village, and now a doomsday prepper group meets weekly. When Warren is found dead, Barnaby must unravel a dark conspiracy to reveal how far people will go to escape the end of the world. With guest star Nina Wadia. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **No Time to Die** Action thriller starring Daniel Craig in his fifth and final outing as Agent 007. James Bond sets off on the trail of an enigmatic villain armed with lethal new technology. With Léa Seydoux, Rami Malek, Ana de Armas and Christoph Waltz. (S)(AD) (2021, 12, 160min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.25 AM **Teleshopping**
3.00 **Under the Bridge** 5/8. Tensions rise as suspicions surround the teens, and Rebecca and Cam hatch a plan. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ninja Warrior UK** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 21-24/25. (S6) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 13-16/24. (S9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Hollywood. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** From eastern Peloponnese, Greece. (S)(R)(AD)
4.00 **The Great House Giveaway** Connor and Lia renovate a three-storey family home in Newport, south Wales. (S)(R)
5.00 **Chateau DIY** Donna plans to turn an old sideboard into a grand statement bed. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A Staffordshire couple look for a holiday home in Alicante. (S)(R)

8.00 The Big Pound Shop Swap

7.00 **News** (S)

8.00 NEW SERIES **The Big Pound Shop Swap** Denise Van Outen presents as families swap their favourite supermarkets for a week of living off bargain-store goods, starting with the Phillips clan who reside in Kent. (S)(AD)

9.00 NEW SERIES **In Flight** 1/6. Thriller starring Katherine Kelly as a single mum and flight attendant whose life is turned upside down when she is blackmailed into drug smuggling. *See feature, page 8.* (S)(AD)
■ Continues tomorrow

10.00 **Celebrity Gogglebox** A rolling cast of famous faces offer their opinions on TV shows. including *Too Hot to Handle, Only Connect,* and *The Proof Is Out There.* (S)(R)(AD)
11.00 **Swingers** Behind the scenes at a swingers club. (S)(R)(AD)
12.05 AM **Johnny Vegas: Art, ADHD and Me** 1/2. The comedian creates a piece of public art. (S)(SL)(R)(AD)
1.00 2/2. (S)(SL)(R)(AD)
1.55 **Do You Have ADHD?** (S)(SL)(R)
2.50 **Ramsay's Kitchen Nightmares USA** Philadelphia. (S)(SL)(R)
3.40 **Jamie's Comfort Food** (S)(R)
3.55 **Worst House on the Street** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM Fatal Mind Games** Thriller starring Demetria Curry. (S) (2022, PG, 100min) ★★
4.00 **All Creatures Great and Small** *Another Farnon?* 2/7. Siegfried's younger brother Tristan joins the practice after graduating from Edinburgh veterinary college. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Rob and Dave Nicholson prepare for the Penistone Show. (S)(R)
6.55 **News** (S)

9.00 Pompeii

7.00 Somerset: Wonder of the West Country It is carnival time in Bridgwater, with one of Europe's largest illuminated processions. (S)(R)
7.55 **News** (S)

8.00 Coastal Adventures with Helen, Jules & JB New edition 5/8. JB Gill explores the Sussex coast in Brighton, home to beach huts, saunas and the i360 – Europe's tallest moving observation tower. (S)

9.00 Pompeii: Life in the City with Dan Snow New edition 3/4. Dan Snow and Kate Lister discover what Romans got up to in their spare time, visiting Pompeii's open-air gym and the public baths. (S)

10.00 Ben Fogle: New Lives in the Wild The host explores the Great Blasket Island off the coast of Ireland, staying with a couple who are island caretakers on Europe's rugged western frontier. (S)(R)

11.05 **Traffic Cops** Officers detain a suspected drink-driver. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9&10) (S)(R)
3.45 **The World's Most Expensive Hotels** Brown's Hotel. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **A Cheetah's Pride** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 20/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Margical History Tour:* Marge tries to stimulate the children's interest in history while at the library. (S)(R)
5.30 *My Mother the Carjacker:* Homer tries to help his fugitive mother evade justice. (S)(R)
6.00 *Milhouse Doesn't Live Here Anymore:* Milhouse and his mother leave Springfield. (S)(R)
6.30 *Smart & Smarter:* Marge tries to get Maggie into a nursery for gifted children. (S)(R)

10.00 Resident Alien

6.55 The Office (US) *Customer Loyalty:* 12/25. Jim loses a major investor. (S)(R)
7.20 *Junior Salesman:* 13/25. Dwight is tasked with finding Jim's replacement. (S9) (S)(R)
7.45 FILM Star Trek Beyond Sci-fi adventure starring Chris Pine and Zachary Quinto. The USS *Enterprise* is lured into a deadly trap, which leaves the crew stranded on an unexplored alien world. With Simon Pegg, Karl Urban, Zoë Saldana and Anton Yelchin. (S) (2016, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.00 NEW SERIES Resident Alien *Prisoners:* 1/10. Return of the sci-fi comedy drama. Harry must escape an outer-space prison to stop a dangerous threat back in Colorado. *See feature, page 12.* (S4) (S)(AD)

11.00 **Creature Commandos** Series finale 7/7. Nina's birth proves complicated. (S1) (S)
11.30 **Brassic** 7/8. Cardi looks for a bunny for Lola's birthday. (S)(R)
12.30 AM 8/8. The gang set out to frame Manolito. (S5) (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 20/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)(R) **12.10am** Scotcast (S)(R) **12.40** Pointless Celebrities (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The Crime I Can't Forget (S)(R) **11.40** Confessions of a Steroid Gang: Triple bill. (S)(R)(AD) **1.10-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
8.00pm Tails from the Shelter New edition (S) **8.30** Vanished Wales (S)(R) **9.00** Born to Farm (S)(R) **9.30-10.00pm** Made in Mumbles (S)(R)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dau Gi Bach (AD) **12.30** Heno **1.00** Richard Holt: Yr Academi Felys (AD) **1.30** Ralio: Pencampwriaeth Rali'r Byd 2025 **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Môn **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Cartrefi Cymru **8.55** Newyddion a'r Tywydd **9.00 NEW** Sioe Môn **9.30** Gwesty Aduniad **10.30-11.35pm** Busnes Bwyd

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Gruesome tales from the Viking, Stuart, Roman and ancient Egyptian eras. **7.30** Featuring an Anglo-Saxon ghost hunt.
7.55 **The Catch Up**
8.00 **Top Gear** Actor Tom Hiddleston drives the Reasonably Priced Car.
9.00 **NEW SERIES Confessions of a Steroid Gang** 1/3. How a north Wales father and son built a drug empire. **9.30** New edition 2/3. Macaulay finds out he's being short-changed. **10.00** Series finale 3/3. Andrew and Macaulay are finally reunited but the trust between them is broken. *See feature, page 20.*
■ Entire series on BBC iPlayer
10.30 **Ladhood** 5&6/6. (S3)
11.20 **Jobfished** Documentary.
12.05 AM **Planet Sex with Cara Delevingne**
12.50 **Top Gear** As 8.00pm.
1.50 **Eating with My Ex**
2.50 **My Mate's a Bad Date**
3.10 **to 4.00** AM **Ladhood**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Sheffield.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer tackle a sizeable challenge in Whitley Bay.
6.55 **Grand Designs** Following a couple who want to create a super home on a seaside plot on the Isle of Wight.
7.55 **The Dog House** Venessa and son Jacob try to assess whether there is a bond between them and beagle Zoe. Meanwhile, married couple Dexter and Aaron seek a fluffy, chunky dog.
9.00 **24 Hours in Police Custody: The Murder Messages** The case of a couple whose lives were shattered by a series of anonymous online attacks.
10.00 **24 Hours in A&E** A woman is airlifted to hospital after being involved in a road traffic collision.
11.05 **24 Hours in A&E**
12.10 AM **24 Hours in Police Custody: The Murder Messages** Documentary.
1.15 **Emergency Helicopter Medics** Medical series.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Fred visits Hampton Court Palace and Cragside.
7.30 **The Lakes with Paul Rose** The explorer has a close encounter with a vulture while in Eskdale.
8.00 **The Good Life** Tom and Barbara talk to their plants to see whether it will make them grow any quicker.
8.30 **Yes, Minister** Jim has a plan to recruit more women into high-ranking government positions.
9.00 **Victoria Wood: The Secret List** 1&2/2. Favourite sketches chosen by the comedian herself.
11.00 **Victoria Wood: A BAFTA Tribute** A gala event honouring the work of the comedian.
12.05 AM **The Trials of Oscar Pistorius** Documentary.
1.35 **Ravi Shankar: In Concert**
2.10 **Fred Dibnah's Magnificent Monuments**
2.40 **to 3.10** AM **The Lakes with Paul Rose**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 13-16/17. (S1)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** A discovery leads to panic for the Blake family.
7.30 **The Simpsons** *Alone Again, Natura-Diddily:* Maude Flanders is killed.
8.00 **Below Deck Sailing Yacht** New edition Dr Tiffany Moon and her husband Daniel step aboard with their friends, while Danni and Keith struggle to get in sync.
9.00 **Celebs Go Dating** New edition Christine McGuinness and Louis Russell try to find love.
10.00 **First Dates** Former *Monty Python* star Carol Cleveland arrives in the restaurant.
11.05 **Gogglebox**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.20 **Young Sheldon**
5.10 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 16/22. An ICE agent is fatally shot. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 16/22. The team are called to Vermont following a massacre. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

10.00 FBI: Most Wanted

7 PM

7.00 Nothing to Declare A child's laptop contains something sinister. **7.30** A woman attracts the attention of security.

8 PM

8.00 The Equalizer *Shooter:* 6/18. District Attorney Grafton hires McCall to find a sniper on a killing spree. (S2)

9 PM

9.00 The Rookie New episode *Speed:* 11/18. John and Celina find themselves in a hostage situation. (S7)

10 PM

10.00 NEW SERIES FBI: Most Wanted *Aquarium Drinker:* 1/22. The Task Force investigate a string of gruesome killings. (S6)
11.00 **The Cleaning Lady** 8/12. (S3)
12.00 M'T **Law & Order: Organized Crime** 1/13. (S4)
1.00 AM **The Equalizer** 4/18. (S2)
2.00 **Fire Country** New episode
3.00 **Caught on Dashcam**
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 5&6/12. (S3)
10.00 **Six Feet Under** (S3)
12.10 PM **House of the Dragon**
1.20 **Babylon Berlin** 3&4/8. (S2)
3.30 **True Blood** 5/12. Sookie and Alcide search for a way to stop Russell Edgington's thugs. **4.35** 6/12. Sam tries to help his younger brother Tommy cut ties with his parents. (S3)
5.40 **Six Feet Under** 11/13. Ruth cries on a stranger's shoulder. **6.45** 12/13. Claire decides to have an abortion. (S3)

7.50 House of the Dragon

7.50 House of the Dragon *Regent:* 5/8. Daemon enlists Lord Willem Blackwood to help persuade the Brackens to bend the knee. (S2)

8.00 Gomorrah 11/12. Pietro prepares to take back control once, as Ciro decides to go into hiding. Stars Marco D'Amore.

9.00 Gomorrah 12/12. Pietro finds a way to get to deal his enemy a devastating blow. Subtitled. (S2)

10.00 Gomorrah 12/12. Pietro finds a way to get to deal his enemy a devastating blow. Subtitled. (S2)
11.00 **The Sopranos** 5/13. Carmela and Fr Phil share an intimate moment. (S1)
12.05 AM **The Wire** 2/13. (S1)
1.10 **The Pacific** 3/10. (S1)
2.15 **House of the Dragon** (S2)
3.30 **In Treatment** (S2)
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 15/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 12/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** 3/21. (S14)
4.00 **S.W.A.T.** 20/22. (S5)
5.00 **SEAL Team** 11/22. (S2)
6.00 **Stargate Atlantis** 11/20. Part two of two. Jack O'Neill's mission to defend Atlantis fails when he and Richard Woolsey are taken prisoner during an Asuran assault on the city. (S3)

8.00 Rob & Romesh vs UFC

7.00 Stargate Atlantis *Echoes:* 12/20. Dr Beckett is puzzled by the sudden disappearance of a medical team. (S3)

8.00 Rob & Romesh vs UFC Rob Beckett and Romesh Ranganathan head to Las Vegas to enter the world of mixed martial arts.

9.00 The Walking Dead: Dead City *Bird Always Knows:* 5/8. Maggie takes matters into her own hands. (S2)

10.00 NEW SERIES Resident Alien *Prisoners:* 1/8. Harry must escape an outer-space prison. *See feature, page 12.* (S4)
11.00 **Creature Commandos** Series finale 7/7. Nina's birth proves unexpectedly complicated. (S1)
11.30 **Brassic** 7&8/8. (S5)
1.30 AM **Freddie Down Under**
2.30 **Road Wars**
3.00 **NCIS: Los Angeles** 3/21. (S14)
4.00 **S.W.A.T.** 20/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Billie and Greg: Family Diaries**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Buying the View**
12.35 **Billie and Greg: Family Diaries**
1.35 **The Only Way Is Essex**
2.35 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Catchphrase** Game show.
6.40 **Deal or No Deal**

6.00 Catchphrase

7.40 The Bachelor Australia New edition Jimmy takes one of the Bachelorettes on a dreamy and fun-filled first date before the group go to a romantic comedy-themed photoshoot.

9.00 The Princess Diaries New edition Reality series following Princess Andre as she navigates the road to adulthood.

10.00 Botched Terry Dubrow helps a cancer survivor who wants her breasts and abdomen reconstructed.
11.00 **Family Guy** 11/20. (S16)
11.30 **Family Guy** 5/20. (S16)
12.00 M'T **American Dad!** (S12)
1.00 AM **Bob's Burgers** 14/22. (S11)
1.30 **Plebs** 6/8. (S3)
2.00 **Totally Bonkers Guinness World Records**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders** *Hidden Depths.* Barnaby investigates a solicitor's apparent suicide.
10.15 **The Royal** *Sister of Mercy.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Sauce for the Goose:* A business executive is murdered.
5.50 **Heartbeat** *Old Friends:* Nick goes undercover to track down an escaped prisoner.

8.00 Agatha Christie's Poirot

6.55 Heartbeat *Charity Begins at Home:* Jo and Nick are stranded in the cottage during a snowstorm.

8.00 Agatha Christie's Poirot *Dead Man's Folly:* The sleuth's old friend Ariadne Oliver stages a game of murder hunt at a summer fete, but things take a dark twist when the girl volunteering to play the victim really does turn out to be dead.

10.00 Foyle's War *High Castle:* The detective is drawn into the world of corrupt Nazi businessmen when a professor is found dead.
11.50 **Trigger Point** 4/6. Sonya manages to trace the explosive to a government lab at Porton Down. (S1)
12.50 AM **Redemption** 3/6. A visit from Organised Crime confirms Colette's fears. (S1)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor embark on a sea kayak expedition.
8.00 **Island Crossings** A stranded dolphin needs urgent assistance.
9.00 **NEW SERIES Murder Case: The Vanishing Cyclist** 1/3. Investigating the disappearance of 63-year-old former navy officer Tony Parsons.
10.00 **Darren McGarvey's Class Wars** Darren examines how the places where people live impact their lives.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Chief** 4/4. Miekelson dusts off his old charm and gets set to explore the singles scene. (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S3)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.00 **Sex and the City** (S2)
12.20 PM **Girls** (S3)
1.30 **Hello Ladies** 7/8. (S1)
2.10 **The Office (US)** (S9)
3.10 **Sex and the City** (S2)
4.25 **Girls** 3&4/10. (S4)
5.45 **The Conners** (S2)
6.45 **The Office (US)** (S9)
7.45 **Sex and the City** 13/20. Carrie spends the night with Aleksandr. **8.25** 14/20. Miranda and Steve decide to get married, but struggle to pick a venue. (S6)
9.00 **And Just Like That...**
9.40 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
10.40 **Chris Rock: Never Scared** Stand-up show.
12.15 AM **Veep** 1&2/10. (S3)
1.30 **Enlightened** (S1)
2.40 **Divorce** 5&6/10. (S1)
3.55 **to 5.00** AM **Somebody Somewhere**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Janine Jansen: Falling for Stradivari**
7.00 **Janine and the 12 Stradivari**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Buster Keaton: The Genius Crushed by Hollywood**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Opry Live**
8.00 **Back to Basquiat** A look at the life and career of the artist.
9.15 **Catching Fire: The Story of Anita Pallenberg**
11.25 **The Warhol Effect**
1.25 AM **Salinger**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 6/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Destiny:* 15/26. (S3)
9.00 **FBI: Most Wanted** *Double Fault:* 15/22. A famous tennis player is kidnapped. (S4)
10.00 **FBI: International** (S3)
11.00 **Grimm** 13/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Celebrity Wheel of Fortune** With AJ Odudu, Gok Wan and Charlotte Church.
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill. Adil Ray hosts the word-based quiz in which three pairs of contestants use their skills to find words from the fewest letters possible.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
9.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard, in which contestants drop tokens down a choice of four chutes in the hope of winning up to £10,000.
12.00 M'T **Celebrity Wheel of Fortune** Game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 2/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 17&18/22. (S2)
12.00 NOON **Highway to Heaven** 22/25. (S1)
1.00 PM **Father Dowling Mysteries** 7/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 24&25/25.(S8)
9.00 **Randall and Hopkirk (Deceased)** *My Late Lamented Friend and Partner:* 1/26. First episode of the 1960s comedy drama. (S1)
10.00 **The New Avengers** (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S8)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 15/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

- **6.00** AM **The Derby Through the Years** Memorable stagings.
- **6.20** **Minder**
- **7.20** **Kojak** Double bill.
- **9.30** **Magnum, PI**
- **11.30** **Giant Lobster Hunters**
- **12.25** PM **The Casebook of Sherlock Holmes** A prowler terrifies a professor's daughter.
- **1.35** **Kojak** Double bill.
- **3.40** **Magnum, PI**
- **5.55** **Minder** *No Way to Treat A. Daley:* Arthur buys a hot-air balloon and attempts to break into aerial advertising.

10.00 Reservoir Dogs

- **7.00** **Junk and Disorderly** Henry Cole and Sam Lovegrove search for more bargains to sell on and make a profit.
- **8.00** **King of the Roads** More from the Armoy Road Race, which features blind jumps, challenging crests and fast bends.
- **9.00** **Hell's Kitchen** One chef's knowledge and experience of the culinary world is called into question. (S21)
- **10.00** FILM **Reservoir Dogs** Quentin Tarantino's violent crime thriller starring Harvey Keitel. Gang members are recruited for a jewel heist that goes wrong. (1991, 18, 100min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- **12.05** AM **Wrestling: AEW Collision**
- **1.55** **BattleBots**
- **2.45** **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

- **6.00** AM **Most Haunted**
- **8.00** **Teleshopping**
- **11.00** **Star Trek: Enterprise** (S4)
- **12.00** NOON **Star Trek: Voyager**
- **1.00** PM **Star Trek: Deep Space Nine** 2/20. (S1)
- **2.00** **Primeval** 3/7. (S2)
- **3.00** **Stargate Atlantis** 6/20. (S3)
- **4.00** **Star Trek: Voyager** 12/26. (S7)
- **5.00** **Star Trek: Deep Space Nine** 2/20. Part two of two. Sisko searches for stolen orbs. (S1)
- **6.00** **Star Trek: Enterprise** 16/22. Part two of two. The crew hunt the kidnapped Phlox. (S4)

11.00 Wynonna Earp

- **7.00** **Primeval** 3/7. The team's new anomaly detector fails on its first outing when a paintballer is attacked at an adventure park. (S2)
- **8.00** **Stargate Atlantis** *The Real World:* 6/20. Weir is told Atlantis exists only in her mind. (S3)
- **9.00** **The Leftovers** *A Most Powerful Adversary:* 7/10. Jill goes on an adventure, while Laurie makes a rash decision. (S2)
- **10.00** **The Walking Dead** *Acheron – Part One:* 1/24. Maggie comes up with a new plan to try and rebuild Alexandria. (S11)
- **11.00** **Wynonna Earp** 6/12. The gang race to save one of their own, but are hindered by some unseen forces. **12.00** M'T 7/12. Waverly and Nicole celebrate their engagement. (S4)
- **1.00** AM **Westworld** 9&10/10. (S1)
- **4.00** **Primeval** As 7.00pm.
- **5.00** **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

- **7.15** AM **Murdoch Mysteries** (S10)
- **9.00** **Father Brown** As 6.00pm.
- **10.00** **The Mentalist** 16/23. (S1)
- **11.00** **Hudson & Rex** 6/20. (S5)
- **12.00** NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
- **1.00** PM **Death in Paradise** (S5)
- **2.00** **Murdoch Mysteries** (S10)
- **4.00** **The Mentalist** 16/23. (S1)
- **5.00** **Hudson & Rex** 6/20. The co-owner of a board game company is found dead. (S5)
- **6.00** **Father Brown** *The Serpent Within:* Sullivan is arrested for receiving stolen goods.

7.00 Miss Scarlet and the Duke

- **7.00** **Miss Scarlet and the Duke** *The Diamond Feather:* 4/6. Things are going well for Eliza until a familiar face turns up. (S4)
- **8.00** **Death in Paradise** *Posing in Murder:* 3/8. A young model is strangled in the middle of a fashion show. (S5)
- **9.00** **Death in Paradise** *La Murder Le Diable:* 1/8. A masked man stabs a woman in her own home on New Year's Eve. (S9)
- **10.00** **Father Brown** *The Deadly Seal:* The priest is told about an assassination plot during a confession.
- **11.00** **Father Brown** As 6.00pm.
- **12.00** M'T **White Collar** 7/14. The FBI suspect Caffrey of orchestrating a jewellery robbery, putting Burke in a difficult position. (S1)
- **1.00** AM **Death in Paradise** (S5)
- **2.00** **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

- **7.35** AM **Highlights**
- **8.50** **Last of the Summer Wine**
- **10.10** **Are You Being Served?**
- **10.50** **Still Open All Hours**
- **11.25** **Last of the Summer Wine**
- **12.45** PM **Keeping Up Appearances**
- **1.25** **I Didn't Know You Cared**
- **2.00** **Dad's Army**
- **2.40** **Still Open All Hours**
- **3.20** **Last of the Summer Wine**
- **4.40** **Are You Being Served?**
- **5.20** **Dad's Army**
- **6.00** **Still Open All Hours**
- **6.40** **Gavin & Stacey**

9.15 Gavin & Stacey

- **7.20** **Gavin & Stacey** The newlyweds begin leading separate lives back in their home towns.
- **8.00** **Red Dwarf** Rimmer meets Ace, his double from another dimension. **8.35** Lister and the crew are transported to a giant theme park.
- **9.15** **Gavin & Stacey** Nessa goes into labour a month early in Barry. **9.55** Neil's christening offers an opportunity or everyone to reunite.
- **10.35** **Not Going Out** Lee and his father have relationship counselling. Guest stars Bobby Ball.
- **11.15** **The Office** David is offered a promotion by Jennifer.
- **11.55** **Gavin & Stacey**
- **1.15** AM **Not Going Out**
- **1.55** **The Office**
- **2.40** **Back to Life**
- **3.10** **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

- **7.10** AM **Orlando Bloom: To the Edge** Learning to freedive.
- **8.00** **Border Force: America's Gatekeepers** Double bill.
- **10.00** **Train Truckers**
- **11.00** **Rick Stein's Cornwall**
- **12.00** NOON **Storage Hunters UK**
- **2.00** PM **Train Truckers**
- **3.00** **Top Gear** Double bill.
- **5.00** **Rick Stein's Cornwall** Rick catches Cornish king crab. **5.30** Rick takes the ferry from Penzance to the Isles of Scilly.
- **6.00** **Hairy Bikers' Best of British** The duo reflect on the 1960s.

5.00 Rick Stein's Cornwall

- **7.00** **Would I Lie to You?** With Rebecca Front, Jack Whitehall, Nick Hewer and Miranda Hart.
- **7.40** **Richard Osman's House of Games** With Catherine Bohart and Meera Syal. **8.20** Contestants include Angela Barnes and Denise Van Outen.
- **9.00** **Have I Got a Bit More News for You** Steph McGovern hosts the quiz, with guests Ash Sarkar and Josh Widdicombe.
- **10.00** **Dave Gorman: Modern Life Is Goodish** The comedian shares his absurd take on modern fatherhood.
- **11.00** **Taskmaster** Joe Thomas grapples grumpily with some awkward hand-wear.
- **12.00** M'T **Mock the Week** With Rob Beckett and James Acaster.
- **12.40** AM **Would I Lie to You?**
- **2.00** **to 4.00** AM **Australian Ninja Warrior**

+1 hour 211/212 327 74 259

7 PM

8 PM

9 PM

10 PM

4seven

137/138 163 143 49 127 16

- **9.00** AM **Car S.O.S.**
- **10.00** **Chateau DIY**
- **12.00** NOON **George Clarke's Amazing Spaces**
- **1.00** PM **A Place in the Sun**
- **3.00** **Come Dine with Me** From Edinburgh.
- **5.30** **A Place in the Sun**
- **7.00** **Can't Sell, Must Sell** The siblings transform houses in the Midlands.
- **8.00** **Kirstie and Phil's Love It or List It: Brilliant Builds** Home projects that all cost less than £30,000 to complete.
- **9.00** **Gogglebox** Opinions.
- **10.00** **Brain Surgeons: Between Life and Death** Documentary.
- **11.05** **24 Hours in A&E**
- **12.10** AM **Gogglebox**
- **1.10** **Secrets of the Hells Angels** Double bill.
- **3.05** **Our Farm Next Door: Amanda, Clive and Kids** Documentary.
- **4.05** **Four in a Bed**
- **4.35** **to 4.50** AM **Kirstie's House of Craft**

5USA

141/169 129 120/162 21 129 29

- **9.00** AM **Entertainment News**
- **9.05** **NCIS** (S5&6)
- **12.00** NOON **Law & Order**
- **6.00** PM **NCIS** *Deliverance:* 15/25. The team end up in the middle of an inner-city gang war. **7.00** *Bounce:* 16/25. One of Tony's old cases is reopened. **8.00** *South by Southwest:* 17/25. An agent is murdered. (S6)
- **9.00** **Criminal Minds: Evolution** New episode *Pay-Per-View:* 4/22. The BAU pursue a home invasion team. (S16)
- **10.00** **Law & Order: Special Victims Unit** *Depravity Standard:* 9/23. Barba seeks to prosecute a child abductor. (S17)
- **11.00** **Law & Order: SVU**
- **12.00** M'T **The Resident**
- **1.55** AM **Person of Interest**
- **2.50** **Criminal Minds** (S11)
- **3.35** **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

- **8.00** AM **Bargain-Loving Brits in the Sun**
- **10.00** **Nightmare Tenants, Slum Landlords**
- **11.00** **Traffic Cops**
- **2.00** PM **Police Interceptors**
- **5.00** **Call the Bailiffs: Time to Pay Up**
- **6.00** **Home and Away**
- **7.00** **GPs: Behind Closed Doors** Medical series.
- **8.00** **Casualty 24/7: Every Second Counts**
- **9.00** **999: Critical Condition** A 22-year-old crashes his motorbike at speed.
- **10.00** **A&E After Dark**
- **11.00** **Skin A&E**
- **12.00** M'T **Fare Dodgers: At War with the Law**
- **1.00** AM **GPs: Behind Closed Doors** Medical series.
- **2.00** **Casualty 24/7: Every Second Counts**
- **2.50** **Police Interceptors**
- **3.35** **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

- **9.00** AM **Entertainment News**
- **9.10** **Highway Patrol**
- **9.40** **Trucking Hell**
- **10.40** **Traffic Cops**
- **11.40** **Police Interceptors**
- **1.50** PM FILM **Arrowhead** Western drama. (1953, U, 105min) ★★
- **4.00** **Trucking Hell**
- **5.00** **Traffic Cops**
- **6.00** **Police Interceptors** A drink-driver damages one of the team's favourite cars. **7.00** A Christmas party becomes a riot. **8.00** A runaway suspect puts Gary's life in danger.
- **9.00** **The Motorway** A Tesla smashes into the central reservation of the M62.
- **10.00** **Police: Night Shift 999**
- **11.00** **MacGyver** 7/21. (S1)
- **12.00** M'T **World's Most Dangerous Prisoners**
- **1.00** AM **Warship: Life at Sea**
- **2.00** **Trucking Hell**
- **3.50** **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

- **6.10** AM **My Kitchen Rules: South Africa**
- **7.00** **Tipping Point**
- **10.00** **My Dream Home**
- **1.00** PM **Tipping Point**
- **4.00** **Property Brothers: Forever Homes**
- **6.00** **DIY SOS: The Big Build**
- **7.00** **MasterChef Australia** New edition Shannon Bennett inspires the contestants with his quick-fire cooking skills.
- **8.10** **Inside the Ambulance** Crews attend a playground head injury.
- **9.10** **One Born Every Minute** A woman is troubled by screams from a nearby delivery room. **10.10** A mother-to-be with a major heart defect goes into labour.
- **11.10** **999 Rescue Squad**
- **1.20** AM **Dangerous Breed: Crime. Cons. Cats**
- **2.20** **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

- **7.30** AM **Tenko**
- **8.30** **Doctors**
- **9.45** **Classic Holby City**
- **10.50** **Classic Casualty**
- **11.55** **The Bill**
- **12.55** PM **Classic EastEnders**
- **2.10** **Tenko**
- **3.15** **The Doctor Blake Mysteries** 10/10. (S2)
- **4.15** **Lovejoy**
- **5.25** **'Allo 'Allo!**
- **6.00** **Waiting for God**
- **6.40** **Last of the Summer Wine** Double bill.
- **8.00** **Dalziel & Pascoe** *Bones and Silence:* A husband is suspected of shooting his wife.
- **10.00** **New Tricks** *Part of a Whole:* The team try to unmask an assassin. With Tim McInnerny.
- **11.20** **Spooks** 9/10. (S4)
- **12.40** AM **Pie in the Sky**
- **1.40** **'Allo 'Allo!**
- **2.20** **Waiting for God**
- **2.50** **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Ibiza.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** Emily Atack traces her showbusiness genes, starting with the family of her grandma's cousin Paul McCartney.
10.00 **Alex Polizzi: The Fixer** Alex helps a woman and her three daughters who are struggling to attract customers to their portrait studio.
11.30 **The Hotel Inspector**
12.30 AM **Celebrity Help! My House Is Haunted**
1.30 **Ghost Bait**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** Items include a mid-century room divider and two Victorian love hearts.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-prize quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Chase** Triple bill.
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Kentucky Rifle** Western adventure. (1956, U, 84min) ★★
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** 11 & 12/26. (S3)
1.00 PM **FILM 40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
3.10 **FILM Cripple Creek** Western. (1952, U) ★★
5.00 **FILM Apache Ambush** Western. (1955, U) ★★
6.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Acts of Violence** Crime drama starring Bruce Willis. (2018, 15, 86min) ★★
11.05 **FILM Kill Command** Sci-fi action thriller. (2016, 15, 100min) ★★★
1.15 AM **FILM Collision Earth** Sci-fi drama. (2020, 12, 90min) ★
3.10 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7** Documentary.
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: The Art of Murder** (2017, PG) ★★
1.00 PM **FILM House of Deadly Secrets** Thriller. (2018, 12, 91 min) ★★
2.55 **FILM A Stolen Past** Drama. (2018, 12) ★★
5.00 **FILM Brace for Impact** Mystery thriller. (2016, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Mountain Between Us** Adventure. (2017, 12, 112min) ★★
11.20 **FILM Run to Me** Thriller. (2016, PG, 100min) ★★
1.25 AM **FILM A Deadly Lullaby** Thriller. (2020, 12, 86min) ★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Left for Dead** Thriller. (2018, 15, 90min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Written in the Stars** Romantic drama. (2021, U, 89min) ★★
10.00 **FILM Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
12.05 PM **FILM Fashionably Yours** Romantic comedy. (2020, PG, 84min) ★★
2.00 **FILM In the Key of Love** Romantic drama. (2019, PG, 90min) ★★
3.55 **FILM Sincerely, Yours, Truly** Romantic drama. (2020, PG, 90min) ★★
5.55 **FILM The Perfect Catch** Romantic drama. (2017, PG, 90min) ★★
8.00 **FILM Lucky in Love** Drama. (2014, 12) ★★
9.55 **FILM The Love Subscription** Comedy. (2023, PG, 86min) ★★
11.50 **FILM Love on Trend** Romantic drama. (2021, PG, 85min) ★★
1.55 **to 5.00** AM **Highway to Heaven**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **FILM The Snows of Kilimanjaro** Drama. (1952, PG, 117min) ★★★
3.25 **Mysterious Tales**
3.30 **That's My Dog**
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of...**
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **A Sharp Intake of Breath** 1/7. (S1)
9.00 **Bramwell** 5/10. (S3)
10.00 **Game On** 1/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM The Amazing Mr X** Chiller. (1948, b/w, PG, 79min) ★★★
1.35 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** It remains to be seen whether Wild Bill's risky new strategy will pay off. **8.00** Sig heads off the grid on a daring mission.
9.00 **Outback Opal Hunters** The Misfits bet everything on untested DIY contraptions. **10.00** Mark's inexperience proves too much for Paul.
11.00 **Gold Divers**
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's American Feast**
7.00 **Barefoot Contessa**
8.00 **American Adventure**
9.00 **River Cottage Every Day**
10.00 **Mediterranean Adventure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **Mediterranean Adventure**
7.00 **Great British Bake Off**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 1/24. (S8)
9.00 **The Fall Guy** 23/23. (S2)
10.00 **Knight Rider** 14/22. (S4)
11.00 **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
1.00 PM **FILM Triple Cross** Spy thriller. (1966, PG, 126min) ★★
3.30 **FILM The Terrornauts** Sci-fi action drama. (1967, U, 77min) ★
5.00 **Star Trek** 15/24. (S3)
6.00 **Knight Rider** 15/22. (S4)
7.00 **The Fall Guy** 1/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Gunman** Crime drama. (2015, 15, 115min) ★★★
11.15 **FILM Runner Runner** Crime thriller. (2013, 15, 91min) ★★★
1.05 AM **FILM Butterfly on a Wheel** Thriller. (2007, 15, 95min) ★
3.00 **to 4.50** AM **FILM The Midnight Man** Horror. (2016, 15, 95min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Shark Lake**
8.00 **The Gambler V: Playing for Keeps**
10.00 **The Lost World** (S3)
11.00 **FILM Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
1.00 PM **The Gambler V: Playing for Keeps**
3.00 **The Lost World** (S3)
4.00 **The A-Team** 16/23. (S4)
5.00 **FILM Shark Lake** Thriller starring Dolph Lundgren. (2015, 15, 89min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 17/23. (S4)
9.00 **FILM Runaway Jury** Courtroom thriller with John Cusack and Dustin Hoffman. (2003, 12, 127min) ★★★★
11.30 **FILM Assassin** Crime thriller with Danny Dyer. (2014, 15, 78min) ★
1.05 **to 3.00** AM **FILM The Black Torment** Horror starring John Turner. (1964, 15, 85min) ★★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Oswestry.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Weird or What?**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Swamp People: Serpent Invasion**
10.00 **Rust Valley Restorers**
11.00 **Court Cam**
12.00 M'T **UFO Conspiracies**
1.00 AM **Evidence of the...**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
10.00 **Balmoral Castle: Upstairs, Downstairs**
11.00 **Ben Fogle: New Lives in the Wild** Georgia, USA.
12.00 NOON **Yorkshire: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** The Himalayas.
9.00 **Drain the Oceans** Draining off Hawaiian shores reveals Japan's secret weapons.
10.00 **Nazi Megastructures** The German air force.
11.00 **Autopsy** Double bill.
1.00 AM **When TV Animals Go Horribly Wrong**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Rico to the Rescue** New edition A family find mould in their home.
10.00 **Battle on the Beach** New edition The teams are shocked with a new space to renovate.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
4.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **The Bad Skin Clinic**
9.00 **My Strange Addiction: Still Addicted?**
10.00 **This Came Out Of Me**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **This Came Out Of Me**
3.00 **Body Bizarre**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 3&4/22. (S6)
10.00 **Last Man Standing** (S6)
11.00 **Everybody Loves Raymond** 12–15/25. (S5)
1.00 PM **Friends** (S6)
9.00 **FILM Ted** Offbeat comedy starring Mark Wahlberg and Mila Kunis. A 35-year-old Boston slacker's best friend is the stuffed teddy bear who magically came to life when he was an eight-year-old boy. With the voice of Seth MacFarlane. (2012, 15, 106min) ★★★★
11.05 **Whose Line Is It Anyway? USA**
12.05 AM **South Park**
2.05 **Broad City** (S3)
3.05 **Important Things with Demetri Martin**
3.30 **Chris Ramsey Live: All Growed Up**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 1&8/13. (S3)
11.00 **Friends** 9–12/14. (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** 9&10/13. (S3)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S5)
9.00 **New Girl** 11/22. Reagan moves back into the loft. **9.30** 12/22. Jess is shocked by Robby's medical bills. (S6)
10.00 **Friends** (S6&7)
1.00 AM **Beavis and Butt-Head** (S5)
2.00 **Key & Peele** (S2)
3.00 **Whose Line Is It Anyway? USA**
3.45 **Demetri Martin: Person**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure**
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Blood & Treasure** (S1)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Loch Ness to London**
2.00 **Duck Quacks Don't Echo** Series highlights.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: On the Run**
2.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Laguna Beach: The Real Orange County**
8.00 **Car Crash Couples**
9.00 **Badass Brides**
10.00 **NEW SERIES Geordie Shore: The Reunion Series** Charlotte, Holly and Sophie begin to plan a reunion party.
11.00 **Ink Master Redemption** New edition Julia Carlson makes a return.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker runs a third wash plant for the first time. **4.00** Brennan confronts one of Kevin's crew members.
5.00 **Building Off the Grid** An off-grid lodge in Wisconsin.
6.00 **Baggage Battles** Mark bids on the wrong item. **6.30** The team try to unearth treasures in Red Hook.

10.00 Gold Divers

7.00 **Wheeler Dealers World Tour** Mike and Elvis engage in the ultimate Aussie showdown – Ford versus Holden.
8.00 **Roadworthy Rescues** Derek returns to the shop where he worked as an apprentice as a teenager.
9.00 **Deadliest Catch** New edition After a chemical leak forces Jake to abandon ship, Keith races to find the crew.
10.00 **NEW SERIES Gold Divers** Documentary following teams of gold dredgers in Alaska.
11.00 **Gold Divers** New edition Documentary following teams of gold dredgers in Alaska.
12.00 M'T **Moonshiners** Tickle has to shut down his restaurant.
1.00 AM **Deadliest Catch**
2.00 **Gold Divers**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Big Cat Tales**
10.00 **Tanked** Building an aquarium into a real washer-dryer unit.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Vet Life** Double bill.
5.00 **Lone Star Law** An injured deer is found hiding in a shed.
6.00 **Dr Jeff: Rocky Mountain Vet** The team head to Romania to help out with an out-of-control street dog problem.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson shares some of his favourite moments from the series, including previously lost footage.
8.00 **Guardians of the Glades** Dusty continues the fight against Florida's invasive pythons.
9.00 **Alaska: The Last Frontier** Otto puts his safety on the line as he attempts to recover a stranded tractor.
10.00 **Alaskan Bush People** The Browns rush to build livestock shelters as a life-threatening cold front reaches the mountain.
11.00 **Pit Bulls & Parolees** Tia is shocked by a dog's medical diagnosis, and Earl teaches his son how to drive.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Airport Security: Rome**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Elizabeth I: The Secret Life** Documentary.
1.00 PM **Genghis Khan: The Secret History of the Mongols**
2.00 **Hitler's Last Stand** Double bill.
4.00 **Destruction Decoded**
5.00 **Car S.O.S** Tim and Fuzz take on a 1993 Toyota Supra Mk4.
6.00 **Liberation: D-Day to Berlin** How Belgium and Holland were freed from the Nazis.

10.00 Lost Ships of WW2

7.00 **Air Crash Investigation** Experts investigate a 2007 plane crash in Indonesia in which 21 of the 140 passengers died.
8.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader once and for all.
9.00 **Apocalypse: The Fall of Hitler** It's 1944, and as the Allied forces take over the west and the Nazis retreat in the east.
10.00 **Lost Ships of WW2** The story of the sinking of the USS *Juneau*, which left soldiers stranded at sea for eight days.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** One-of-a-kind items are discovered in an old silk mill in Maryland.
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There** Glowing lights in Texas.
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **History's Greatest Mysteries**
3.00 **Combat Trains** Double bill.
5.00 **Contraband: Seized at Sea**
6.00 **American Pickers** A collector opens the doors to his empire of vintage coin-op scales,

10.00 History's Greatest...

7.00 **Forged in Fire** Bladesmiths are challenged to recreate a legendary weapon – Attila the Hun's Sword of Mars.
8.00 **Secrets of Great British Castles** Dan Jones heads to Gwynedd, north Wales, to explore the history of Caernarfon Castle.
9.00 **Secrets Declassified with David Duchovny** New edition Governments' deals with cults, mobs and even sworn enemies.
10.00 **History's Greatest Mysteries** New edition How ancient ruler Genghis Khan hid his massive riches.
11.00 **The UnBelievable with Dan Aykroyd** Investigating a 25ft molasses tidal wave in Boston.
12.00 M'T **Close Encounters Down Under** UFO sightings in Perth.
12.55 AM **The Proof Is Out There**
1.50 **Secrets Declassified with David Duchovny** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Triple bill.
7.35 **Great British Railway Journeys Goes to Ireland**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War**
5.00 **War Factories** The sabotaging efforts of Peugeot in Nazi-occupied France.
6.00 **Antiques Roadshow** A visit to Farnborough in Hampshire.

8.00 Classic Car Kings

7.00 **Mediterranean with Simon Reeve** The host explores Cyprus, Lebanon, Israel and Gaza.
8.00 **Classic Car Kings** Series finale Irv and the team update a 1977 Daimler Sovereign Coupe. ■ Entire series on U
9.00 **Bangers & Cash** Derek heads to a toy factory where some vintage motorbikes are stashed.
10.00 **Bangers & Cash** Dave has to extricate a VW Golf from a garden that has grown up around it.
11.00 **Billy Connolly's Great American Trail** The comedian visits Kearny in New Jersey.
12.00 M'T **Bangers & Cash** A couple are reunited with their Volvo breakdown truck.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Two boxing belts are restored.
8.00 **Mike Brewer: Born Dealer** Mike trades a classic Citroën for an F-Type Jaguar.
9.00 **Johnny Vegas' Little Shop of Antiques** New edition Johnny and Bev attend an auction of studio ceramics.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Real-life cases.
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Fatal Destination** New edition
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** The case of John and Carolyn Tarwacki.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Prostitutes in Spokane, Washington, are being hunted down and discarded in remote wooded areas by a vicious serial killer.
8.00 **Donal MacIntyre's UK Killer Evidence** An unknown dead man leads police to a conspiracy involving an illegal taxi service and a violent gang in the UK.
9.00 **To Catch a Killer** The team attempt to identify Nadine Gurczenski's killer.
10.00 **It Takes a Killer** A man terrorises New York in the 1970s.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
2.00 PM **Evidence of Evil**
4.00 **Medical Detectives** Forensic science is used to discover the fate of a missing teacher. **4.30** The case of a 16-year-old girl who was killed by her parents. **5.00** A thriving company is crippled by a computer bug. **5.30** Two agents are killed when ther cars collide during a routine motorcade. **6.00** A train crash in 1993 on Alabama's Bayou Canot bridge, which killed 47 people. **6.30** Investigating an inferno at King's Cross station in London.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked the Nation** John Straffen.
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Killing Mum and Dad**
1.00 AM **Murders That...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the...**
8.35 **Wrecks That Changed...**
9.35 **Besieged Fortresses...**
10.50 **Inside Japan's War**
12.00 NOON **Henry VIII and the King's Men**
1.00 PM **After Chaos**
2.10 **Wrecks That Changed...**
3.15 **Besieged Fortresses, Legendary Battles**
4.20 **Inside Japan's War**
5.30 **Henry VIII and the King's Men**
6.35 **Wrecks That Changed the World** The lost fleet of World War One.
7.35 **Besieged Fortresses, Legendary Battles** New edition Catholic king Louis XII's bid to overcome La Rochelle.
8.45 **Inside Japan's War**
9.55 **Henry VIII and the King's Men**
10.55 **Besieged Fortresses, Legendary Battles**
12.00 M'T **Inside Japan's War**
1.10 **to 2.00** AM **America the Bountiful**

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Daniel Day-Lewis**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Juan Carlos: Downfall of the...**
10.55 **Ghislaine Maxwell: Epstein's...**
12.00 NOON **Surviving Ohio State**
2.15 PM **Nike's Big Bet**
4.00 **Discovering: Daniel Day-Lewis**
5.00 **The Directors**
6.00 **The Sixties**
7.00 **Juan Carlos: Downfall of the King** 2/4. Documentary.
7.55 **Ghislaine Maxwell: Epstein's Shadow** 2/3. Documentary.
9.00 **The Nazi Cartel** Series finale 3/3. Klaus Altmann's true identity is finally revealed.
10.00 **The Two Escobars**
12.00 M'T **100 Foot Wave**
1.00 AM **David Frost Vs**
2.00 NEW SERIES **Amsterdam Narcos** 1/3. Charting how the Dutch city turned into the drug capital of Europe.
3.00 **Kings of Coke**
4.45 **My Icon: Rachel Yankey**
5.00 **to 6.00** AM **Discovering: Daniel Day-Lewis**

Sky Nature

145 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **America's Wild Seasons**
10.00 **Brazil Untamed**
11.00 **A Cheetah's Pride**
12.00 NOON **Wild Rockies**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **America's Wild Seasons**
4.00 **Brazil Untamed**
5.00 **Island of the Monsoon**
6.00 **Wild Rockies**
7.00 **Monkey Life** Double bill.
8.00 **A Bee's Diary**
9.00 **Age of the Big Cats** A look at how lions conquered the world.
10.00 **Wild Rockies** How some creatures manage to defy gravity among the highest peaks.
11.00 **Island of the Monsoon**
12.00 M'T **A Cheetah's Pride**
1.00 AM **Wild Castles**
2.00 **A Bee's Diary**
3.00 **Age of the Big Cats**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **America's Wild Seasons**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence**
9.00 **Ancient Superstructures**
10.00 **Greatest Heists with Pierce Brosnan**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Digging Up Britain's Past**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?**
8.00 **Alien Files Reopened**
9.00 **Hitler's Engineers** The influence of Hans Kammler over the Third Reich's most deadly engineering projects.
10.00 **Evidence of the Unexplained**
11.00 **History's Crazy Rich Ancients**
12.00 M'T **Ancient Aliens**
2.00 AM **Hitler's Engineers**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder By Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **Last Night Out** New edition A couple are concerned by a strange man howling at them.
10.00 **The Real Murders of Atlanta** New edition Documentary.
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder By Medic**
1.00 AM **Last Night Out**
2.00 **The Real Murders of Atlanta**
3.00 **Secrets of the Morgue**
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Africa's River Titans**
3.00 **Pond Stars**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Fish Tank Kings** The team build a tank to house sharks.
9.00 **Legend of the Giant Squid** David Attenborough narrates a look at the ocean giants thriving in Antarctica.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Cyril and his team battle against hidden stingrays.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest Animals**

Discovery History

174 147 181 320 325

7.00 AM **Blowing Up History**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Blowing Up History** Experts gain access to investigate lost tombs and forgotten rituals.
9.00 **Secrets Underground** Gold and silver artefacts believed to be lost in King Solomon's mines.
10.00 **How Do They Do It?**
11.00 **Incredible Engineering Blunders: Fixed** Investigating gigantic potholes in Louisiana.
12.00 M'T **The 1980s: The Deadliest Decade** The murder of a couple in Libertyville Village, Illinois.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.20 AM **Great British Railway Journeys** Eight editions.
1.30 PM **Great British Railway Journeys Goes to Ireland**
2.30 **Great British Railway Journeys** Eight editions.
6.30 **Great British Railway Journeys Goes to Ireland**
7.30 **Great British Railway Journeys** Michael Portillo travels from Hessle in East Yorkshire to York.
8.00 Michael journeys from Middlesbrough to Hexham.
8.30 Michael travels from Newcastle to Lindisfarne.
9.00 Michael spends the night at an inn in Carmarthen where Horatio Nelson once met Emma Hamilton.
9.30 Michael visits a traditional cider house in Hereford.
10.00 **Great British Railway Journeys** Triple bill.
11.30 **Great British Railway Journeys Goes to Ireland**
12.30 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
9.00 **Nightmare Next Door**
10.00 **A Killer's Mistake**
11.00 **The Perfect Murder**
1.00 PM **Who Killed Jane Doe?**
3.00 **Home Sweet Homicide**
5.00 **Living a Nightmare**
7.00 **Murder Chose Me** Detective Rod Demery charts the final hours of good-natured Vietnam veteran Drexelle McBride, whose body was recovered from the driver's seat of his van.
8.00 Detective Rod Demery revisits the circumstances of his then-21-year-old mother's murder in May 1969.
9.00 **Mother, May I Murder?** A brutal nine-shot execution has only two suspects – the victim's ex-wife and their son. Police uncover a toxic family history and a mother's murderous rage.
10.00 **Signs of a Psychopath**
11.00 **Devil in Suburbia**
12.00 M'T **Murder Comes Home**
2.00 AM **Living a Nightmare**
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Engine Addict with Jimmy...**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Engine Addict with Jimmy...**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop** The Cogs restore an iconic 1970s motorbike.
10.00 **Engine Addict with Jimmy de Ville** Jimmy travels to India.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
8.30 **The Cinema List: Thriller**
8.50 **Gator Creek** As 6.20pm.
10.30 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
12.30 PM **Sonic the Hedgehog 3**
2.30 **The Room Next Door** (2024)
4.30 **September 5** Fact-based thriller with Peter Sarsgaard. (2024, 15, 95min) ★★★★
6.20 **Gator Creek** Horror thriller. (2025, 15, 87min) ★

8.00 Sonic the Hedgehog 3

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Rumours** Horror comedy starring Cate Blanchett. (2024, 15, 104min) ★★★
2.10 **September 5** As 4.30pm.
4.00 **to 6.00** AM **The Room Next Door** Drama starring Tilda Swinton and Julianne Moore. (2024, 12, 102min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.40 AM **Star Trek: First Contact** Adventure. (1996, 12) ★★★★
8.35 **Star Trek: Insurrection** Sci-fi. (1998, PG, 105min) ★★★
10.20 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
11.50 **Mean Girls** Musical remake. (2023, 12, 112min) ★★★
1.50 PM **Fast & Furious 8** Thriller sequel. (2017, 12, 136min) ★★★
4.10 **Bowfinger** (1999, 12) ★★★★
5.55 **The Equalizer 2** Action thriller sequel. (2018, 15, 121min) ★★★

5.55 The Equalizer 2

8.00 Fury War drama starring Brad Pitt and Shia LaBeouf. An American tank crew undertake a final dangerous mission behind enemy lines in the last months of World War Two. With Logan Lerman, Michael Peña and Jon Bernthal (2014, 15, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Baywatch Action comedy based on the TV series, starring Dwayne Johnson and Zac Efron. A veteran lifeguard teams up with an Olympic swimmer to scupper a criminal scheme. (2017, 15, 121 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
2.50 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
4.25 **to 6.10** AM **A Quiet Place: Day One** Horror prequel. (2024, 15, 100min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Rent** As 10.15pm.
9.30 **Carmen** As 12.40am.
11.35 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
2.40 PM **Chicago** Oscar-winning musical with Renée Zellweger. (2002, 12, 112min) ★★★★
4.45 **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
6.10 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★

8.00 **Valentine's Day** Romantic comedy about the intersecting paths of a series of LA couples on 14 February, featuring an all-star cast including Ashton Kutcher, Jennifer Garner, Anne Hathaway, Jessica Biel and Julia Roberts. (2010, 12, 125min) ★★★
10.15 **Rent** Screen version of the hit Broadway musical by Jonathan Larson, a rock opera inspired by Puccini's *La Boheme*. Stars Rosario Dawson and Adam Pascal. (2005, 12, 135min) ★★

12.40 AM **Carmen** Musical with Paul Mescal and Melissa Barrera. (2022, 15, 116min) ★★★
2.50 **The Quiet Man** John Ford's romantic drama starring John Wayne. (1952, U, 129min) ★★★
5.15 **to 7.05** AM **Cicada** Drama. (2020, 15, 96min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.30 AM **Star Trek The Motion Picture** Sci-fi adventure. (1979, U, 132min) ★★★
9.50 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
11.55 **Star Trek II: The Wrath of Khan**
2.00 PM **The Purge: Anarchy** Horror sequel. (2014, 15, 102min) ★★★
3.55 **Passengers** Sci-fi drama starring Jennifer Lawrence and Chris Pratt. (2016, 12, 116min) ★★★

6.00 **The Purge: Election Year** Horror sequel starring Frank Grillo. (2016, 15, 108min) ★★★
8.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
9.50 **Star Trek II: The Wrath of Khan** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1982, 12, 113min) ★★★★

11.45 **Friday the 13th Part III** Horror sequel starring Richard Brooker. (1982, 18, 95min) ★
1.30 AM **Dorian Gray** Gothic horror drama. (2009, 15, 112min) ★★★
3.25 **The Purge: Election Year**
5.15 **to 7.05** AM **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
8.05 **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
10.00 **IF** Fantasy. (2024, U) ★★★
11.50 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
2.30 PM **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
4.30 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
6.00 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★

9.15 The Cat in the Hat

7.30 **A Dog's Purpose** Comedy drama starring Dennis Quaid and featuring the voice of Josh Gad. (2017, PG, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Cat in the Hat** Fantasy based on the book by Dr Seuss, starring Mike Myers. When their babysitter falls asleep, two children are visited by a mischievous cat. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **My Penguin Friend** Drama starring Jean Reno. A fisherman finds a friend in a lost penguin. (2024, PG, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
2.35 **Ride On** Action drama. (2023, PG, 126min) ★★★
4.50 **to 6.40** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 307 407 507 521

6.40 AM **Kong: Skull Island** Action adventure. (2017, 12) ★★★★
8.45 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
10.50 **William Tell** Historical drama. (2025, 15, 133min) ★★★
1.05 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
3.20 **Fast & Furious 7** Thriller. (2015, 12, 132min) ★★★★
5.40 **Fast & Furious 8** Thriller. (2017, 12, 136min) ★★★

3.20 Fast & Furious 7

8.00 **The Scorpion King** Fantasy adventure starring Dwayne Johnson. A skilled Egyptian warrior is hired by the nomadic people of the desert to destroy an evil warlord. (2002, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Pompeii** Roman-era disaster movie starring Kit Harington. (2014, 12, 104min) ★★
1.50 AM **Jackie Chan's Armour of God** Martial arts thriller. (1986, 15, 95min) ★★★
3.35 **R.I.P.D** Action comedy. (2013, 12, 96min) ★★★
5.20 **to 7.00** AM **Shrapnel** Action thriller. (2023, 15, 89min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Wayne's World 2** (1993)
9.00 **Borat Subsequent Moviefilm** Mockumentary. (2020, 15) ★
10.45 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
12.35 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.30 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
4.10 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
5.55 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★

5.55 Yesterday

8.00 **The Five-Year Engagement** Romantic comedy starring Jason Segel and Emily Blunt. A San Francisco chef and his English girlfriend encounter a series of delays to their planned wedding. With Rhys Ifans. (2012, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are e-mail lovers in cyberspace. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **'About Last Night...'** Drama. (1986, 18, 113min) ★
2.00 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
3.45 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
5.20 **to 6.55** AM **Blades of Glory** Slapstick sports comedy. (2007, 12, 93min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.35 AM **The Wasp** As 1.45am.
8.20 **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
10.45 **Serenity** Mystery thriller. (2019, 15, 106min) ★★★
12.40 PM **Split** Horror thriller. (2016, 15, 117min) ★★★
2.50 **Head Count** As 12.15am.
4.15 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
6.25 **Unhinged** Psychological thriller starring Russell Crowe. (2020, 15, 90min) ★★★

10.00 Sherlock Holmes

8.00 **Ocean's Eight** Crime caper starring Sandra Bullock. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. With Cate Blanchett, Mindy Kaling and Anne Hathaway. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's action adventure sequel starring Robert Downey Jr, Jude Law and Jared Harris. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Head Count** Thriller starring Aaron Jakubenko. (2023, 15, 77min) ★★★
1.45 **The Wasp** Thriller with Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
3.30 **Against All Odds** Thriller with Jeff Bridges and Rachel Ward. (1984, 18, 116min) ★★
5.40 **to 7.35** AM **Serenity** (2019)

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Roman Holiday** Comedy. (1953, b/w, U, 118min) ★★★★★
1.20 PM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
3.30 **The Iron Petticoat** Comedy. (1956, U, 96min) ★★★
5.20 **Sword of Sherwood Forest** Adventure. (1961, U) ★★★
7.00 **The Greatest Showman** Musical with Hugh Jackman. (2017, PG, 102min) ★★★★

7.00 The Greatest Showman

The Greatest Showman (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Nobody** Crime drama starring Bob Odenkirk and Connie Nielsen. An unassuming family man reveals his true character after his house is burgled by two petty thieves. (2021, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Mission: Impossible – Fallout** Action thriller sequel starring Tom Cruise, Henry Cavill and Ving Rhames. (2018, 12, 147min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.45 **to 3.40** AM **Firestarter** Thriller based on the Stephen King novel, starring Zac Efron and Ryan Kiera Armstrong. (2022, 15, 94min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.40 AM **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
8.50 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
11.10 **Cleaner** Action thriller. (2025, 15, 97min) ★★★
12.55 PM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
2.50 **King Kong** As 11.45pm.
5.55 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★

8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid and Bess Armstrong. The opening of an marine theme park turns into a bloodbath when a great white shark enters the underwater tunnels that have attracted the crowds. (1983, 12, 99min) ★★

11.45 **King Kong** Peter Jackson's monster movie remake. (2005, 12, 187min) ★★★★
2.55 AM **Blade Runner** Thriller. (1982, 15, 130min) ★★★★★
4.55 **to 6.45** AM **10 Cloverfield Lane** Thriller starring John Goodman. (2016, 12, 103min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.45 AM **The Karate Kid Part II**
8.40 **El Dorado** Classic Western. (1966, PG, 126min) ★★★★
10.50 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
1.15 PM **Superman** Fantasy starring Christopher Reeve. (1978, PG, 143min) ★★★★
3.40 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★

5.50 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
8.00 **Superman IV: The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. The Man of Steel tries to rid the world of nuclear weapons. (1987, PG, 90min) ★
9.35 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
11.45 **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★

1.45 AM **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio and Noriyuki 'Pat' Morita. (1989, PG, 111min) ★
3.45 **The Cinema List: Thriller**
4.15 **to 6.10** AM **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
7.40 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
9.15 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
10.55 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★

12.40 PM **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
2.20 **Kung Fu Panda 2** Animation. (2011, PG, 90min) ★★★★
4.00 **Kung Fu Panda 3** Animation. (2016, PG, 95min) ★★★★
5.40 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
7.20 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
9.05 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
10.40 **The Road to El Dorado** Animation. (2000, U) ★★★

12.15 AM **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
1.45 **The Swan Princess: The...**
3.05 **Under the Boardwalk** Animation. (2023, PG) ★★★
4.40 **to 6.10** AM **Teen Titans Go! to the Movies** (2018, PG) ★★★

Movies 24

312 313 419

7.00 AM **A Bridesmaid in Love** Romantic comedy drama. (2022, PG, 87min) ★★
9.00 **Falling Together** Drama. (2024, U, 90min) ★★
11.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
1.00 PM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
3.00 **Finding Love In Saint Lucia** Drama. (2023, PG, 90min) ★★

5.00 **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★
7.00 **When Love Springs** Romantic comedy starring Rhiannon Fish and James William O'Halloran. (2023, PG, 84min) ★★
9.00 **Junebug** Fantasy drama starring Autumn Reeser. A book editor is inspired to get her life in order when she experiences visions of her eight-year-old self. (2024, PG, 84min) ★★
11.00 **Dare to Say Yes** Romantic drama. (2023, PG, 87min) ★★

1.00 AM **Styled with Love** Romantic comedy starring Rachel Bles. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **Wedding of a Lifetime** Romantic comedy. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Terror** Crime thriller. (1938, b/w, PG, 70min) ★★★
7.30 **The Stranger Came Home** Mystery. (1954, b/w, 15) ★★★
9.10 **Look at Life**
9.25 **The Great Game** Drama. (1953, b/w, U, 80min) ★★★
11.00 **Brandy for the Parson** Comedy. (1951, b/w, U) ★★
12.35 PM **Cromwell** Historical epic. (1970, PG, 141min) ★★★

3.20 **The Story of Robin Hood and His Merrie Men** Adventure. (1952, U, 83min) ★★★
5.05 **Look at Life**
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 30/41. (S4)
7.05 **Batman** 21/60. (S2)
7.35 **Dial 999** 24/39. (S1)
8.05 **The Bargee** Comedy. (1964, PG, 106min) ★★
10.15 **Cellar Club with Caroline Munro**
10.20 **Stepfather III** Horror sequel. (1992, 18, 110min) ★★
12.30 AM **Cellar Club with Caroline...**

12.35 **Night of the Creeps** Horror. (1986, 18, 88min) ★★★
2.20 **Cellar Club with Caroline Munro**
2.25 **Flannelfoot** Crime thriller. (1953, b/w, U, 75min) ★
3.55 **Blind Spot** Crime drama. (1958, b/w, U, 70min) ★★★
5.30 **to 6.00** AM **Beverly Hillbillies**

8 PM
9 PM
10 PM
11 PM

TUESDAY Sport

12 August

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Sports news.
3.00 **LIVE The Hundred Birmingham Phoenix v Oval Invincibles.** Coverage of this afternoon's women's match held at Edgbaston. The Invincibles claimed a 45-run victory when the sides met at The Oval last year with the help of an innings of 71 off just 40 balls by Paige Scholfield. Start-time **3.00pm**.
6.00 **The Transfer Show**
7.00 **LIVE EFL Cup Bromley v Ipswich Town.** Coverage of the southern section first-round match from Copperjax Community Stadium, as the Championship side travel to the League Two club. Kick-off **8.00pm**.
10.45 **LIVE WTA & ATP Tennis** Coverage of day six of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** Replay of Fulham v Manchester United from 2007.
5.00 **Transfer 360** A look at a transfer of Jimmy Floyd Hasselbaink.
5.30 Why Duncan Ferguson left Everton for Newcastle United.
6.00 **The Transfer Show** Analysis of the latest transfer news.
7.00 **Soccer Special** The full story of the evening's football, with the team on hand to provide all the latest updates from the games.
10.30 **Transfer 360** A look at the story of why Duncan Ferguson left Everton for Newcastle United.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2011/2012 season, set to a selected soundtrack from the time.
1.00 AM **PL Retro** Replay of Arsenal v Wigan Athletic from 2006.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 2021 play-off finals.
9.00 **EFL Greatest Games**
10.00 **Retro League One** A replay of Swindon Town v Sheffield United in the 2015 play-off semi-final second-leg match.
12.00 NOON **SPFL Greatest Games** Motherwell v Hibernian in 2010.
2.00 PM **EFL** The 2013 play-off finals.
5.00 **EFL Greatest Games**
5.30 **EFL Highlights** Action from games in the Championship.
6.00 **EFL Cup Highlights** Liverpool v Newcastle United in the final.
7.00 **LIVE EFL Cup Bromley v Ipswich Town.** The southern section first-round match at Copperjax Community Stadium. Kick-off **8.00pm**.
10.45 **SPFL Round-Up** Recent action from the Scottish Premiership.
11.00 **EFL League One Goals**
11.30 **EFL League Two Goals**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Cup Retro**
2.30 **There's Only One Sauzee**
3.00 **Dundee United – Champions 83**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A replay of Manchester Originals Women v London Spirit Women.
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A replay of Manchester Originals Men v London Spirit Men at Old Trafford.
1.30 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred Birmingham Phoenix v Oval Invincibles.** Coverage of the women's match staged at Edgbaston. Start-time **3.00pm**.
6.00 **LIVE The Hundred Birmingham Phoenix v Oval Invincibles.** Coverage of tonight's men's match which is staged at Edgbaston. The Invincibles claimed an eight-wicket home win when the teams met last year. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Brief highlights of today's matches.
10.15 **The Hundred** Another chance to see Birmingham Phoenix Women v Oval Invincibles Women.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A replay of Birmingham Phoenix Men v Oval Invincibles Men at Edgbaston.
5.30 **to 6.00** AM **Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Women's Golf**
7.00 **Golf Academy**
8.00 **Playing Lessons**
9.00 **Nick Dougherty's Tee Time Tips**
9.30 **DP World Tour Golf**
10.00 **PGA Tour Golf**
11.00 **Legends Tour Golf**
12.00 NOON **Golf Academy**
1.00 PM **Turkish Airlines Masterclass**
1.30 **Playing Lessons**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **The Open Zone**
3.30 **DP World Tour Golf**
4.00 **PGA Tour Golf**
5.00 **Legends Tour Golf**
6.00 **Ladies European Tour Golf**
7.00 **Perfection In Paris** A look back at the 2018 Ryder Cup.
9.00 **Ladies European Tour Golf** London Championship highlights.
10.00 **Legends Tour Golf** A review of the PGA Seniors Championship.
11.00 **Countdown to the Ryder Cup**
11.30 **PGA Tour Golf**
12.30 AM **The Open Zone**
1.00 **Women's Golf**
2.00 **Golf Academy**
3.00 **Playing Lessons**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **Serie A** Italian football.
8.00 **One Day International Cricket** West Indies v Pakistan.
9.00 **International T20 Cricket Highlights** Australia v South Africa in the first T20 match.
10.00 **LIVE International T20 Cricket Australia v South Africa.** The second T20 in the three-match series held at Marrara Oval in Darwin, Australia.
2.00 PM **TNT Sports Cricket Reload** A look at West Indies v Pakistan in the second ODI of the series.
2.15 **LIVE One Day International Cricket West Indies v Pakistan.** Coverage of the third and final ODI in the series from Brian Lara Cricket Academy in Tarouba, Trinidad and Tobago.
10.45 **TNT Sports Cricket Reload**
11.00 **Premier League Stories**
11.30 **MLB Lead Off** Upcoming action.
12.00 M'T **LIVE MLB** Coverage of a Major League Baseball fixture.
3.00 AM **MLB Closer** Baseball action.
3.30 **Training Day**
3.45 **Premier League Preview**
4.45 **In My Blood**
5.00 **to 6.00** AM **Fishing: On the Bank**

TNT Sports 2

411 414 522 409 431

6.00 AM **The Football's On**
7.00 **TNT Sports Cricket Reload**
7.15 **The Gruppetto** Cycling action.
7.30 **SailGP – Racing on the Edge**
8.00 **British Superbikes Highlights**
9.00 **Race Bikes** The Honda RN-01.
9.30 **NWSL** Match highlights.
11.30 **FA Community Shield**
1.00 PM **MLB Highlights**
2.00 **Training Day**
2.15 **LIVE Men's Cycling Pro Series** Coverage of the opening stage of the Tour of Denmark.
4.15 **The Gruppetto** Cycling action.
4.30 **Fishing: On the Bank**
5.30 **Premier League Preview**
6.30 **Premier League Stories**
7.00 **Onboard** The Ocean Race.
7.30 **British Speedway**
8.30 **FA Community Shield**
10.00 **British Superbikes Rewind**
10.15 **MLB Highlights** Baseball.
11.15 **Fight Week** UFC 319 preview.
12.00 M'T **UFC Connected**
12.30 AM **British Superbikes**
1.30 **Women's Cycling Pro Series**
2.30 **Men's Cycling Pro Series**
3.30 **The Gruppetto** Cycling action.
3.45 **UFC Connected** Inside the UFC.
4.15 **Fight Week** UFC 319 preview.
5.00 **to 6.00** AM **The Football's On**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
8.00 Another chance to see New Zealand v Argentina from 2024.
10.15 **Lions Legends** Player profiles.
11.00 **British and Irish Lions Tour** Highlights from NWS Waratahs v British & Irish Lions in Sydney.
12.00 NOON **The Rugby Championship** Australia v South Africa from 2024.
2.00 PM A chance to see New Zealand v Argentina from 2024.
4.15 **World Cup of Darts** Action from the semi-finals and final in Eissporthalle, Frankfurt.
7.45 **Rugby Union Retro** South Africa v British & Irish Lions from 1997.
8.00 **British and Irish Lions Tour** Highlights from Queensland Reds v British & Irish Lions in Brisbane.
9.00 Highlights from NWS Waratahs v British & Irish Lions.
10.00 **The Rugby Championship** Australia v South Africa from 2024.
12.00 M'T **The Rugby Championship** New Zealand v Argentina in 2024.
2.15 AM **Lions Legends** Profiles.
3.00 **British and Irish Lions Tour**
5.00 **Lions Legends** Player profiles.
5.45 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 **LIVE WTA & ATP Tennis** Day six of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. British star Jack Draper continued his fine form at last year's event by beating Félix Auger-Aliassime 5-7, 6-4, 6-4 to book his place in the quarter-finals.
7.00 **EFL Cup Build-Up** A look ahead to the evening's Cup action.
7.40 **LIVE EFL Cup West Bromwich Albion v Derby County.** Coverage of the northern section first-round match staged at The Hawthorns. Both teams were eliminated at this stage last year by Fleetwood Town and Barrow respectively. Kick-off **7.45pm**.
10.45 **LIVE WTA & ATP Tennis** Further coverage of day six of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tennis** Kitzbühel Open.
7.00 The Canadian Open.
8.00 **WTA & ATP Tennis** Action from day five of the Cincinnati Open.
4.00 PM **LIVE WTA & ATP Tennis** Day six of the Cincinnati Open.
4.00 AM **Bitesize Tennis**
4.30 **to 6.00** AM **Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Tour Golf Highlights**
7.30 **DP World Tour Golf**
8.00 **PGA Tour Golf**
9.00 **Legends Tour Golf**
10.00 **The Hundred Bitesize**
10.30 **PL Retro**
12.30 PM **The Hundred Bitesize**
1.00 **Tour Golf Highlights**
1.30 **DP World Tour Golf**
2.00 **PL Greatest Games**
3.00 **PGA Tour Golf**
4.00 **Legends Tour Golf**
5.00 **ATP Tennis** Canadian Open final.
6.00 **WTA Tennis** Canadian Open.
7.00 **The Hundred Bitesize**
8.00 **PGA Tour Golf** A review of this year's St Jude Championship.
9.00 **Legends Tour Golf** A review of the PGA Seniors Championship.
10.00 **Ladies European Tour Golf** London Championship highlights.
11.00 **Formula 1** Bahrain Grand Prix.
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics**
3.00 **EFL Greatest Games**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Saudi Masters Snooker**
8.00 **WNBA** New York v Minnesota.
9.00 **Fishing: On the Bank**
10.00 **Saudi Masters Snooker**
12.00 NOON **LIVE Saudi Masters Snooker** Coverage of the first session of the last-32 from Green Halls in Jeddah, Saudi Arabia.
3.00 PM **SailGP: Racing on the Edge**
3.30 **Fishing: On the Bank**
4.30 **The Football Archives: UEFA Champions League**
5.00 **Global Champions Tour**
6.00 **LIVE Saudi Masters Snooker** Coverage of the second session of the last-32 from Jeddah.
9.00 **Women's Cycling Pro Series** First stage of the Tour of Poland.
10.00 **Men's Cycling Pro Series**
11.00 **Fishing: On the Bank**
12.00 M'T **Onboard** The Ocean Race.
12.30 AM **SailGP: Racing on the Edge**
1.00 **WNBA** New York v Minnesota.
2.00 **International T20 Cricket**
3.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replays of matches.
12.00 NOON **Race Bikes**
12.30 PM **Reframe the Game**
12.45 **The Gruppetto** Cycling action.
1.00 **LIVE Women's Cycling Pro Series** The opening stage of the Tour of Poland, a 105.6km route starting and ending in Zamosc.
3.00 **Cycling** Women's Tour de France.
4.00 **MotoGP Classics** Action from the 2018 Grand Prix of Austria.
5.00 Action from the 2020 Styria GP at Red Bull Ring.
6.00 **MLB Highlights** Action from a Major League Baseball game.
7.00 **Race Bikes** The Honda RN-01.
7.30 **The Football Archives: UEFA Champions League**
8.00 **Serie A** Cagliari v Inter Milan.
9.00 AC Milan v AS Roma.
10.00 **NWSL** Action from Gotham FC v Washington Spirit.
11.00 Highlights of Orlando Pride v Racing Louisville FC.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **World Surf League**
8.00 **MotorSport**
9.00 **LaLiga Specials**
10.00 **LaLiga** Real Madrid v Barcelona from the 2024/25 season.
12.00 NOON **LaLiga Specials**
1.00 PM **LaLiga** Real Madrid v Barcelona from 2023/24.
3.00 **FIM Sidecarcross** Action from Strassbessenbach, Germany.
4.00 **Transworld Sport** Magazine.
4.55 **NASCAR Highlights** The Go Bowling at The Glen, in New York.
5.55 **LIVE Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **MotorSport**
9.00 **LaLiga Specials**
10.00 **NASCAR Highlights**
11.00 **Indy Autonomous Challenge**
12.30 AM **World Surf League**
1.30 **Desafio China by La Vuelta**
2.30 **UK Independent Kart Racing**
4.00 **NASCAR Highlights**
5.00 **to 6.00** AM **MotorSport**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Magazine.
9.30 **Football's Greatest**
10.00 **SPFL** Rangers v Dundee.
12.00 NOON **Pre-Season Football** A replay of Wolverhampton Wanderers v Celta Vigo.
2.00 PM **LaLiga News**
2.30 **United Rugby Championship** Leinster v Bulls in the Grand Final.
4.30 **Football's Greatest**
5.00 **LaLiga Specials** A look ahead to the 2025/26 season.
6.00 **Viva LaLiga** The latest news.
7.30 **Pre-Season Football** Another chance to see Wolverhampton Wanderers v Celta Vigo.
9.30 **Bike World** Magazine.
10.00 **LaLiga Specials** From 2023/24.
11.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
1.00 AM **Major League Cricket** Action from MI New York v Washington Freedom in the final.
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Bahrain Grand Prix races from 2019 to 2024.
12.00 NOON **Formula 1** The Bahrain Grand Prix qualifying session.
2.10 PM **Ted's Notebook**
2.40 **Formula 1** Build-up to the Bahrain Grand Prix.
4.05 **Formula 1** Another chance to see the Bahrain Grand Prix.
7.10 **Ted's Notebook**
7.45 **Alonso and Bortoleto IV**
8.00 **Formula 1** Bahrain Grand Prix.
9.00 **Indycar** Grand Prix of Portland.
10.00 **Formula 1** Highlights from the 2024 Bahrain Grand Prix.
11.00 **Indycar** Grand Prix of Portland.
12.00 M'T **Formula 1** Highlights from the 2023 Bahrain Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

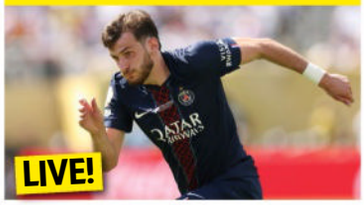
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 13 August

Evening Planner

Wednesday

Football



UEFA Super Cup

TNT Sports 1, kick-off 8pm

Last season's Champions League winners Paris Saint-Germain face Europa League cup holders Tottenham Hotspur in Italy.

OnDemand

NETFLIX

Love Is Blind

Available today

Matt and Emma Willis host as a fresh batch of eager singletons hope to find love without meeting face to face.

OnDemand

prime

Butterfly

Available today

Daniel Dae Kim stars as a former US intelligence operative living in South Korea whose past comes back to haunt him.

OnDemand

Disney+

Alien: Earth

Available today

A horror prequel to the *Alien* movies. A deep-space research vessel releases terrifying life forms after crashing on Earth.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Destination X		10.00 News; Local News	10.40 UEFA...
	102 BBC2	7.00 SOS: Extreme...	7.30 Grand Tours of...	8.00 Digging for Britain		9.00 VJ Day 80: We Were There		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Fortune Hotel		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Kitchen vs Garden		9.00 In Flight		10.00 24 Hours in A&E	
	105 5	7.00 Somerset: Wonder of the West Country		8.00 Call the Bailiffs: Time to Pay Up		9.00 Soldier: For King and Country		10.00 Special Forces: Most Daring Missions	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Shark with Steve Backshall		9.00 Film: The Dry			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Film: Long Shot			
	116 BBC4	7.00 Fred Dibnah's...	7.30 Bolsover Castle...	8.00 Japan's Master of Restoration		9.00 Tribe		10.15 Shooting the Past	
	118 ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 The Princess Diaries		10.00 Botched	
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Fire Country		10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 The White Lotus			10.20 True Detective
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.20 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 Made in Britain	7.30 EFL Cup – Live: Birmingham City v Sheffield United (Kick-off 8.00)						10.25 An Audience with...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: As Good As It Gets			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers			10.10 The Walking Dead
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Agatha Raisin				10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Battle of the Bagpipes		9.00 Wonderland: Gothic		10.00 Welcome to the Eighties	
	132 U&W	7.00 MasterChef Australia			8.10 Inside the Ambulance at Christmas		9.10 Inside the...		9.40 One Born Every Minute
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Secret Nazi Science		9.00 Nazi Child Soldiers		10.00 Drain the Oceans	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 Mediterranean with Simon Reeve		8.00 Churchill's Bid to Abolish Britain		9.00 Operation Arctic		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 Ghislaine Maxwell: Epstein's Shadow		9.00 Amsterdam Narcos		10.00 The Essex Murders	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Wicked		8.00 Sonic the Hedgehog 3				10.00 Long Gone Heroes	
	302 FAVOURITES	‹ 6.15 Gravity		8.00 Interstellar					
	303 HITS	‹ 5.20 There Will Be Blood		8.00 Bad Boys II					10.35 Django...
	304 GREATS	‹ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 Indiana Jones and the Last Crusade	
	305 ANIMATION		7.15 Smurfs: The Lost Village			8.50 Bon Voyage, Charlie Brown			10.20 Trolls Band Together
	306 FAMILY	‹ 6.00 Sonic the Hedgehog 3		8.00 The Karate Kid					10.30 Bookworm
	307 ACTION	‹ 5.30 Robin Hood: Prince of Thieves		8.00 The Mummy: Tomb of the Dragon Emperor				9.55 Shazam!	
	308 COMEDY	‹ 6.10 The Truman Show		8.00 The Holdovers					10.20 Napoleon Dynamite
	309 THRILLER	‹ 5.40 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows					10.20 Against All Odds
	310 DRAMA	‹ 6.10 Lost in Translation		8.00 Cicada				9.50 Tommy	
	311 SCI-FI	‹ 6.00 The Birds		8.00 Terminator Salvation				10.00 Sinister	
	313 FILM4	‹ 6.40 The Personal History of David Copperfield				9.10 American Gangster			
SPORT	401 MAIN EVENT	7.00 EFL Cup – Live: Birmingham City v Sheffield United (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Premier League Years				10.00 PL Stories	10.30 Transfer 360
	403 FOOTBALL	7.00 EFL Cup – Live: Birmingham City v Sheffield United (Kick-off 8.00)							
	405 CRICKET	‹ 6.00 The Hundred – Live: Welsh Fire Men v Manchester Originals Men (Start-time 6.30)					9.30 The Hundred Bitesize		10.30 The Hundred
	410 TNT SPORTS 1	7.00 UEFA Super Cup – Live: Paris Saint-Germain v Tottenham Hotspur (Kick-off 8.00)							
	411 TNT SPORTS 2	7.00 MLB Highlights		8.00 MLB Plays of...	8.30 MLB – Live: San Francisco Giants v San Diego Padres (Start-time 8.45)				

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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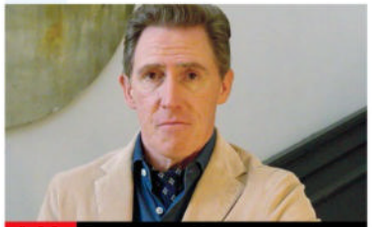
Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Jacqui Joseph retrieves a pair of dated tub chairs. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition Items include mourning brooches, a rare seed from the Seychelles and a vampire-killing kit. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 Destination X

7 PM

7.00 **The One Show** Clara Amfo and Roman Kemp present the topical show. (S)
7.30 **EastEnders** The consequences of Avani's termination are felt in Walford, with Priya and Ravi taking out their anger on Suki. (S)(AD)

8 PM

8.00 **MasterChef** New edition 4/24. A new set of contestants make what they can of pineapple, ham and sweetcorn, with the successful ones cooking two courses for two previous winners. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **Destination X** New edition 5/10. The X-bus meanders its way to one of Europe's biggest wine-making regions and the halfway point on this extraordinary journey. Hosted by Rob Brydon. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **UEFA Super Cup Highlights** Paris Saint-Germain v Tottenham Hotspur: Action from the match between the respective Champions League and Europa League winners held at the Stadio Friuli in Udine, Italy. (S)
11.15 **MOTD: Premier League Preview** A look ahead to the new season, which gets under way on Friday. (S)
11.30 **This Country** 5/6. It is the most important day of the year for Kerry – the annual steam fair. (S)(R)(AD)
11.55 6/6. Kerry's father asks for a favour, and Kurtan has a new sense of purpose. (S)(R)(AD)
12.25 AM **The Hit List** Quiz show. (S)(R)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** From Norfolk. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** The London and the South East chefs serve up their mains and desserts. (S)(R)
4.15 **Big Little Journeys** (S)(R)(AD)
5.15 **Flog It!** A collection of finds from around the country. (S)(R)
6.00 **Richard Osman's House of Games** Faye Tozer, Eddie Kadi, Natasha Raskin Sharp and Charlie Stayt take part in the quiz. (S)(R)
6.30 **Rick Stein's Food Stories** Rick is in London, where dishes include dim sum and a full English. (S)(R)(AD)

7.00 SOS: Extreme Rescues

7.00 **SOS: Extreme Rescues** New edition A 15-year-old mountain biker suffers serious injuries in a downhill crash. (S)
7.30 **Grand Tours of Scotland's Rivers** Exploring the River Teviot in the Scottish Borders. (S)(R)

8.00 **Digging for Britain** Alice Roberts visits more archaeological digs, including a spectacular monument older than Stonehenge, a 200-year-old mine trapped in time and a lost medieval friary. (S)(R)(AD)

9.00 **NEW VJ Day 80: We Were There** To mark the 80th anniversary of VJ Day, Rachel Burden speaks to veterans about their memories of the brutal war against Japan and the final months of World War Two. (S)

10.00 **Mortimer & Whitehouse: Gone Fishing** Anglers Bob and Paul accept an invitation to fish in the estate lake of Burghley House. (S)(R)
10.30 **Newsnight** (S)
11.00 **Saving Lives at Sea** In Walmer, a yacht has run aground on the notorious Goodwin Sands. (S)(R)
12.00 M'T **Sign Zone: Inside the Cult of the Jesus Army** 2/2. The 'modesty culture' within the organisation takes a dark turn. (S)(R)(AD)
1.00 AM **Sign Zone: Uncanny** 3/4. Danny Robins meets Julian in one of the most frightening cases he has ever investigated. (S)(R)(AD)
2.00 **Sign Zone: MasterChef** (S)(R)(AD)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Sue Cleaver, Mark Chapman, and Asim Chaudhry competing for the chance to win £50,000 for good causes. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Fortune Hotel

7.30 **Emmerdale** Marlon is disappointed, Cain warns Kammy off, while Sarah is moved. (S)(AD)

8.00 **Coronation Street** Gary vows to confront Noah at the community centre, Carl and Abi risk being seen together in public, while Aadi reveals Brody's dodgy dealings to both Dev and Bernie. (S)(AD)

9.00 **The Fortune Hotel** New edition 3/8. The eight pairs face a misleading Hotel Game where pairs must keep focused while having a massage in the spa, and host Stephen Mangan goes missing. (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Unbelievable Moments Caught on Camera** A kayaker gets trapped behind a waterfall in Mexico, a barber pulls a driver from a burning car, and a student pilot is forced to land her plane without a front wheel. (S)(R)(AD)
11.40 **British Touring Car Championship Highlights** Oli Bell presents action from Croft, where the 16th, 17th and 18th races of the season took place. (S)(R)
12.55 AM **Teleshopping**
3.00 **The Fortune Hotel** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** (S6&7) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 17-20/24. (S9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Chicago. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** Portugal's western Algarve. (S)(R)
4.00 **The Great House Giveaway** An online retailer Sara and a child play specialist renovate a three-bedroom semi in Derbyshire. (S)(R)
5.00 **Chateau DIY** Angela and Steve set out to convert the old wine store into a wedding space. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A Swindon couple search for a holiday home in Almería. (S)(R)

8.00 Kitchen vs Garden

7.00 **News** (S)

8.00 **NEW SERIES George Clarke's Kitchen vs Garden** The host is joined by garden designer Luke Millard to provide renovations inside and out, with homeowners deciding which transformation gets the lion's share of the budget. (S)(AD)

9.00 **In Flight** New episode 2/6. Jo turns to her ex for help and – following a close call with the police – she is forced to quickly hide the heroin in the airport, only for it to go missing. (S1) (S)(AD)
■ Continues tomorrow

10.00 **24 Hours in A&E** Staff at Queen's Medical Centre in Nottingham are concerned that an 80-year-old man who fell out of bed and hurt his head may have incurred brain injuries. Plus, nurse Jess talks about her stammer. (S)(R)(AD)
11.00 **First Dates** (S)(R)(AD)
12.00 M'T **Crime Scene Cleaners** A woman is found unconscious in a Florida bedroom. (S)(SL)(R)(AD)
1.00 AM **Celebrity SAS: Who Dares Wins** 3&4/8. (S)(SL)(R)(AD)
2.50 **Air India Crash: What Went Wrong?** Documentary. (S)(SL)(R)
3.45 **Worst House on the Street** (S)(R)
4.40 **Kirstie's House of Craft** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **A Sister's Grudge** Thriller. (S) (2021, 12, 100min) ★★
4.00 **All Creatures Great and Small** *Andante:* 3/7. Siegfried applies to become attending vet at Darrowby racecourse – but the position comes with conditions. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** With the spring lambing season on the horizon, Rob and Dave bring in a sheep scanner. (S)(R)
6.55 **News** (S)

8.00 **Call the Bailiffs: Time to Pay**

7.00 **Somerset: Wonder of the West Country** Cameras focus on the resort of Weston-super-Mare, with its historic pier and family-favourite donkey rides. (S)(R)
7.55 **News** (S)

8.00 **Call the Bailiffs: Time to Pay Up** New edition In the south east of England, agents Mark and Sam are on the trail of a debtor who owes more than £20,000 for an unpaid invoice. (S)(AD)

9.00 **Soldier: For King and Country** New edition 2/4. Following senior officer Lieutenant Colonel Oliver Beard as he steps up to prove himself on the battlefield as a warrior gunner. (S)

10.00 NEW SERIES **Special Forces: Most Daring Missions** 1/3. Documentary series narrated by actor Tom Hardy, which uses archive footage to chronicle the bravery of the UK's Special Forces. (S)

11.05 **A&E After Dark** Dr Fahri treats an aggressive patient having a mental health episode. (S)(R)
12.05 AM **Police: Night Shift 999** (R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S10) (S)(R)(AD)
3.50 **The World's Most Expensive Hotels** The George Cinq. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **A Cheetah's Pride** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 21/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *My Big Fat Geek Wedding:* Principal Skinner and Mrs Krabappel announce their engagement. (S)(R)
5.30 *The Fat and the Furriest:* Homer is humiliated after being filmed fleeing from a bear. (S)(R)
6.00 *Catch 'Em If You Can:* Marge and Homer go on a second honeymoon. (S)(R)
6.30 *Simple Simpson:* Homer becomes a masked vigilante. With Nichelle Nichols. (S)(R)

8.00 **Shark with Steve Backshall**

7.00 **The Office (US)** *Vandalism:* 14/25. Pam swears revenge on the person who vandalised her warehouse mural. (S)(R)
7.30 *Couples Discount:* 15/25. Erin plans to break up with Andy. (S9) (S)(R)

8.00 **Shark with Steve Backshall** 1/3. The naturalist celebrates the diversity of sharks, exploring the variety in the Atlantic and visiting the Bahamas, dubbed the shark capital of the world. (S)(R)

9.00 FILM **The Dry** Crime drama based on the book by Jane Harper, starring Eric Bana and Genevieve O'Reilly. A federal agent returns to his drought-stricken old home town to attend an friend's funeral – but his arrival opens up a decades-old wound. With Keir O'Donnell, Julia Blake and Bruce Spence. (S)(AD) (2020, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **S.W.A.T.** 4/22. A blackout throws the city into chaos. (S8) (R)(AD)
12.05 AM **Peacemaker** 5/8. Peacemaker confronts Economos over putting his father in jail. (S)(R)(AD)
1.05 6/8. Murn reveals his biggest secret. (S1) (S)(R)(AD)
2.05 **An Idiot Abroad** (S)(R)(AD)
3.05 **NCIS: Los Angeles** (S14) (S)(R)
4.05 **S.W.A.T.** 21/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.25am Scotcast (S)(R)
12.55 The Hit List (S)(R)
1.40 Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm SOS: Extreme Rescues New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S) **10.00-10.30pm** Rewind: 60 Years of Welsh Pop – Cardiff (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Garddio a Mwy **1.30** Sioe Môn **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Hen Dy Newydd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ffasiwn Drefn (AD) **6.30** Gwladfa: Gwilym Bowen Rhys **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Sgwrs Dan y Lloer **8.55** Newyddion a'r Tywydd **9.00** NEW Sioe Môn **9.30** Prosiect Pum Mil **10.30-11.34pm** Efaciwis (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** A Saxon musical instrument made from live pigs. **7.30** Featuring unusual Tudor beauty regimens.
7.55 **The Catch Up**
8.00 **Top Gear** Richard Hammond experiences the Mercedes-Benz G63 AMG 6x6. .
9.00 FILM **Long Shot** Comedy drama starring Charlize Theron and Seth Rogen. A journalist strikes up a relationship with a US Secretary of State who is soon to run for office as the first female president. (2019, 15, 120min) ★★★★
10.55 **Pretty Little Liars: Original Sin** *Dead and Buried:* 9/10. The friends find their troubles far from over. **11.45** *Final Girls:* 10/10. The friends have to work quickly while there is still time. (S1)
12.35 AM **Confessions of a Steroid Gang** Triple bill.
2.05 **Top Gear** As 8.00pm.
3.05 **Eating with My Ex**
3.35 **to 4.00** AM **My Mate's a Bad Date**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Co Durham.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** In Lanarkshire, Frank and Wilma need some help deciding whether to sell or renovate their home.
6.55 **Grand Designs** A revisit to an experimental amphibious house in Buckinghamshire.
7.55 **The Dog House** Londoners Roshni and Jay meet two different dogs – Bella the playful Staffie and Cech the cuddly terrier, while funeral workers Amy and Alex hope to rescue a dog in need.
9.00 **Grand Designs Revisited** Kevin McCloud catches up with a couple who, in 2017, set out to construct a hypoallergenic home in south-west London for them and their three children.
10.00 **Location, Location, Location Australia** New edition Sydney-based Usha and Sunny want to find a sun-drenched dream home in the Adelaide Hills.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Fred tours places of worship.
7.30 **Bolsover Castle with Lucy Worsley: Secret Knowledge** The story of the 17th-century residence.
8.00 **Japan's Master of Restoration** Series finale 3/3. The Mayuyamas examine a priceless 18th-century Imperial Chinese flower vase.
8.50 **Around the World in 80 Treasures: Ethiopia – Ark of the Covenant** Dan Cruickshank looks for the Ark of the Covenant in Ethiopia.
9.00 **Tribe** Bruce Parry meets up with the Suri tribe in Ethiopia.
10.00 NEW **Stephen Poliakoff Remembers... Shooting the Past** The writer-director recalls his 1999 three-parter.
10.15 **Shooting the Past** 1/3. All three episodes of Stephen Poliakoff's 1999 drama starring Timothy Spall. (S1)
1.20 AM **Fred Dibnah's Magnificent Monuments**
1.50 **Bolsover Castle**
2.20 **to 3.20** AM **Tribe**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S1&2)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Mercedes is overcome with emotion.
7.30 **The Simpsons** *Lisa's Date with Density:* Lisa falls for school bully Nelson.
8.00 **Below Deck Sailing Yacht** New edition Reality series following the crew and passengers of a luxury yacht around the Ionian Sea.
9.00 **Celebs Go Dating** New edition S Club's Jon takes to the beach for his first date in six years, but finds it's not as easy as he had hoped.
10.00 **Gogglebox** Opinions on *Race Across the World, Ripley* and *MasterChef.*
11.05 **Naked Attraction**
12.05 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.35 **Brooklyn Nine-Nine**
2.35 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.20 **Young Sheldon**
5.10 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line**
7.30 **Border Security: America's Front Line**
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 17/22. A young couple is found murdered. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 17/22. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Fire Country

7 PM

7.00 Nothing to Declare A couple try to dispose of a high-risk item. **7.30** A patrol boat is sent to rescue a sinking vessel.

8 PM

8.00 The Equalizer *When Worlds Collide:* 7/18. Bishop needs help when a terrorist from his past targets his son. (S2)

9 PM

9.00 Fire Country New episode *Welcome to the Cult:* 3/20. Gabriela and Bode consider confessing a huge secret. (S3)

10 PM

10.00 Matlock *The Rabbit And The Hawk:* 4/19. Olympia asks Matty to get closer with their client. (S1)
11.00 **Bull** 1/22. (S6)
12.00 M'T **Law & Order: Organized Crime** 2/13. (S4)
1.00 AM **The Equalizer** 5/18. (S2)
2.00 **FBI** New episode 2/22. (S7)
3.00 **FBI: International** New episode 2/22. (S4)
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **True Blood** 7&8/12. (S3)
10.00 **Six Feet Under** (S3&4)
12.10 PM **House of the Dragon**
1.20 **Babylon Berlin** 5&6/8. (S2)
3.25 **True Blood** 7/12. Sookie takes action to save Bill. **4.30** 8/12. Sookie is forced to re-evaluate her relationship with Bill. (S3)
5.35 **Six Feet Under** 13/13. Ruth's marriage announcement causes concern. (S3) **6.45** 1/12. Nate grieves over Lisa's death. (S4)

9.00 The White Lotus

7.50 House of the Dragon *Smallfolk:* 6/8. Rhaenyra summons a trusted knight for a risky venture, and Aemond takes steps to reshape the Green Council. (S2)

9.00 The White Lotus *That's Amore:* 5/7. Tanya and Portia embark on a whirlwind excursion with Quentin and Jack. (S2)

10.20 True Detective *Other Lives:* 5/8. Ray and Frank contemplate new life choices, while Ani and Paul follow a lead. (S2)
11.35 **The Sopranos** 6/13. Junior is appointed boss of the DiMeo crime family. (S1)
12.40 AM **Succession** 10/10. Logan weighs up a big decision.(S2)
2.05 **The Night Of** 8/8. (S1)
3.45 **House of the Dragon** (S2)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 16/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 13/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** 4/21. (S14)
4.00 **S.W.A.T.** 21/22. (S5)
5.00 **SEAL Team** 12/22. The unit try to rescue an American who married an ISIS leader. (S2)
6.00 **Stargate Atlantis** 13/20. Sheppard sets out to free his friends when they are taken hostage by Kolya. (S3)

8.00 Agatha Raisin

7.00 Stargate Atlantis *Tao of Rodney:* 14/20. Rodney McKay gains superhuman abilities after being zapped by a strange device. (S3)

8.00 Agatha Raisin *There Goes the Bride:* 4/4. The sleuth reluctantly promises to attend James's wedding, but the nuptials take a sinister turn when a body is found on the morning of the big day. (S4)

10.00 An Idiot Abroad 6/8. Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, and takes in the culture of Brazil.
11.00 **S.W.A.T.** 4/22. A blackout throws the city into chaos, forcing the squad onto the streets of Los Angeles for an emergency patrol day. (S8)
12.00 M'T **Peacemaker** 5&6/8. (S1)
2.00 AM **Road Wars**
3.00 **NCIS: Los Angeles** 4/21. (S14)
4.00 **S.W.A.T.** 21/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Billie and Greg: Family Diaries**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Buying the View**
12.35 **Billie and Greg: Family Diaries**
1.35 **The Only Way Is Essex**
2.35 **The Bachelor Australia**
4.00 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7.00 Deal or No Deal Stephen Mulhern hosts as Tina takes on the Banker for the chance to win life-changing money.

8.00 The Bachelor Australia New edition Jimmy and Gold Coast dance teacher Ash set sail on the second single date so far.

9.00 The Princess Diaries Series finale Reality series following Princess Andre as she navigates the road to adulthood.

10.00 Botched Terry Dubrow and Paul Nassif help a woman who needs to have her nose fixed after her face was disfigured.
11.00 **Family Guy** 12/20. Stewie is examined by a psychologist. **11.30** 6/20. Brian posts a tweet that goes viral. (S16)
12.00 M'T **American Dad!** (S12)
1.00 AM **Bob's Burgers** (S11)
1.30 **Karaoke Club: Drag Edition**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Immediate Care.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Midsomer Rhapsody:* The discovery of a music score leads to startling revelations about its composer.
5.50 **Heartbeat** *Bad Apple:* Nick and Jo buy an engagement ring, but receive a hostile response from her mother.

8.00 Vera

6.55 Heartbeat *Pig in the Middle:* A special constable mysteriously disappears after a row with pig farmer Betty Sutch.

8.00 Vera *The Deer Hunters:* When a suspected poacher is found dead from a single gunshot wound, Vera must unearth the truth behind his return to the Northumberland moors after a 15-year absence.

10.00 Foyle's War *Trespass:* The son of a high-profile Jewish businessman is attacked in the grounds of a university.
11.50 **Trigger Point** 5/6. The team are called out to a device targeting a radio station covering the by-election. (S1)
12.50 AM **Redemption** 4/6. Colette becomes convinced that Stacey was murdered. (S1)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** Featuring properties in the north-east and the Northern Isles.
8.00 **This Farming Life** Robert calls out the vet for a ewe in urgent need of attention.
9.00 **The Hunt for Bible John** 2/2. The discovery of a third victim in 1969.
10.00 **River City** New episode Dean expresses concern over Madonna's involvement with Drew.
10.30 **Gary: Tank Commander** 1/6. Gary is stranded in an aircraft hangar. (S2)
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** David dissects the mindset of serial killers.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S3)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.00 **Sex and the City** (S2)
12.20 PM **Girls** (S4)
1.30 **Hello Ladies** 8/8.
2.10 **The Office (US)** (S9)
3.10 **Sex and the City** (S2)
4.25 **Girls** 1&2/10. (S4)
5.45 **The Conners** (S2)
6.45 **The Office (US)** (S9)
7.45 **Sex and the City** 15/20. Carrie struggles to deal with her feelings about motherhood. **8.25** 16/20. Samantha tries a new hairstyle. (S6)
9.00 **James Acaster: Hecklers Welcome**
10.30 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.30 **Entourage** (S2)
12.35 AM **Sex and the City**
1.55 **Hung** 9&10/10. (S1)
3.05 **How to Make It in America** 3&4/8. S2)
4.15 **to 5.00** AM **The Rehearsal**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live at the Movies**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Thomas Hardy: Fate, Exclusion and Tragedy**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Battle of the Bagpipes**
9.00 **Wonderland: Gothic**
10.00 **Welcome to the Eighties**
11.00 **Comedy Legends**
12.00 M'T **A Brush with Comedy** Documentary.
2.00 AM **Michelangelo: Saint or Sinner?**
3.50 **Sky Arts Ambassador Bursary Shorts**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** (S2)
8.00 **Star Trek: Deep Space Nine** *Prophet Motive:* 16/26. The Grand Nagus Zek claims he has had a spiritual encounter. (S3)
9.00 **The Rookie** (S5)
11.00 **Grimm** 14/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Celebrity Wheel of Fortune** With Tom Allen, Michelle Visage and Eddie Kadi.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Celebrity Wheel of Fortune** As 2.00pm.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 3/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 19&20/22. (S2)
12.00 NOON **Highway to Heaven** 23/25. (S1)
1.00 PM **Father Dowling Mysteries** 8/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 1&2/20. (S9)
9.00 **Randall and Hopkirk (Deceased)** *A Disturbing Case:* 2/26. Jeannie is concerned when she overhears Jeff talking to Marty. (S1)
10.00 **The New Avengers** (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S9)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 16/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **Kojak**
9.30 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Memoirs of Sherlock Holmes** Mystery drama.
1.45 **Kojak**
3.50 **Magnum, PI** *Mad Buck Gibson:* Thomas must protect a self-destructive writer.
4.55 **Magnum, PI** *The Taking of Dick McWilliams:* Thomas sets out to rescue an old friend.
5.55 **Minder** *Uneasy Rider.*

10.25 **An Audience with Billy...**

7.00 **Made in Britain** The making of a suitcase that is beloved by royalty.
7.30 LIVE **Football: EFL Cup** Birmingham City v Sheffield United: Mark Pougatch presents coverage of the all-Championship first-round tie at St Andrew's @ Knighthead Park. With commentary from Sam Matterface and Michael Brown and analysis by Matthew Upson. Kick-off is at 8.00.
10.25 **An Audience with Billy Connolly** The comedian entertains a celebrity crowd in London.
11.25 **LIV Golf Highlights** Action from the latest event of the season at the Bolingbrook Golf Club in Chicago.
12.20 AM **T100 Highlights**
1.20 **BattleBots**
2.20 **Made in Britain** As 7.00pm.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 3/20. (S1)
2.00 **Primeval** 4/7. (S2)
3.00 **Stargate Atlantis** 7/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: Enterprise** 17/22. Archer receives three Orion slave girls as a gift, but chaos soon erupts on board the *Enterprise.* (S4)

11.10 **20.0 Megaquake**

7.00 **Primeval** 4/7. The team must battle futuristic sharks and mer-creatures when an anomaly opens underwater. (S2)
8.00 **Stargate Atlantis** *Common Ground:* 7/20. Sheppard is forced to join forces with a Wraith. (S3)
9.00 **The Leftovers** *International Assassin:* 8/10. As Kevin battles to rid himself of Patti, he finds he must face an impossible choice. (S2)
10.10 **The Walking Dead** *Acheron – Part Two:* 2/24. Maggie's mission takes the team through a subway tunnel. (S11)
11.10 FILM **20.0 Megaquake** Disaster drama starring William Baldwin and Grant Bowler. (2022, 12, 90min) ★★
1.00 AM FILM **Lavalantula** Thriller starring Steve Guttenberg. (2015, 15, 81min) ★★
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 17/23. (S1)
11.00 **Hudson & Rex** 7/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S10&11)
4.00 **The Mentalist** 17/23. (S1)
5.00 **Hudson & Rex** 7/20. (S5)
6.00 **Father Brown** *The Kembleston Olimpicks:* Rivalries escalate to murderous heights at the Kembleston Olimpicks.

8.00 **Death in Paradise**

7.00 **Miss Scarlet and the Duke** *The Calling* 5/6. The unscrupulous boss of a new telecom company is accused of murder. (S4)
8.00 **Death in Paradise** *A Personal Murder:* 4/8. Dwayne receives a text message from beyond the grave. (S5)
9.00 **Death in Paradise** *A Murder in Portrait:* 2/8. An acclaimed artist is found dead in suspicious circumstances. (S9)
10.00 **Father Brown** *The Dance of Death:* The sleuthing priest uncovers a dark secret when a contestant is murdered at a ballroom dancing competition.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 8/14. Neal infiltrates a company of corrupt Wall Street brokers in a bid to stay out of jail. (S1)
1.00 AM **Death in Paradise** (S5)
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
8.50 **Last of the Summer Wine**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.25 **I Didn't Know You Cared**
2.05 **Dad's Army**
2.45 **Still Open All Hours**
3.25 **Last of the Summer Wine**
4.45 **Are You Being Served?**
5.25 **Dad's Army**
6.00 **Still Open All Hours**
6.40 **Gavin & Stacey**

11.15 **The Office**

7.20 **Gavin & Stacey** Neil's christening offers an opportunity for everyone to reunite.
8.00 **Red Dwarf** Rimmer tries to be transferred to a ship crewed by holograms. **8.40** A mechanical life form named the Inquisitor arrives on board the ship.
9.20 **Gavin & Stacey** Dave is unhappy about Nessa's plans to visit Essex. **9.55** The Essex boys plan a big night out in Cardiff and a sleepover at Bryn's.
10.35 **Not Going Out** Lee poses as Lucy's husband to stop her flirting with the male delegates at a trade conference.
11.15 **The Office**
11.55 **Gavin & Stacey**
1.10 AM **Not Going Out**
1.50 **The Office**
2.35 **Back to Life**
3.05 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Orlando Bloom: To the Edge** Rock climbing.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** The seafood chef meets a man who is paid to eat cheese. **5.30** Rick explores Falmouth.
6.00 **Hairy Bikers' Best of British** Focusing on British sheep.

6.00 **Hairy Bikers' Best...**

7.00 **Would I Lie to You?** With Robert Webb, Terry Wogan, Katy Wix and Kevin Bridges.
7.40 **Richard Osman's House of Games** With Catherine Bohart and Dr Ranj Singh. **8.20** Contestants include Melvin Odoom and Greg Rutherford.
9.00 **QI XL** Guests Nish Kumar, Mark Steel and Suzi Ruffell join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** David Tennant hosts the satirical quiz, with Zoe Lyons and Johnny Mercer.
11.00 **Taskmaster** Greg Davies deals with the questionable actions of one contestant.
12.00 M'T **Mock the Week** With Rob Beckett and Ed Byrne.
12.40 AM **Would I Lie to You?**
2.00 **I'll Get This** Double bill.
3.15 **to 4.00** AM **QI**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Supercruising: Life at Sea** Documentary.
8.00 **Michael Mosley: Secrets of the Superagers**
9.00 **Gogglebox** Opinions on shows including *You Bet!, Black Doves* and *Jamie Cooks Christmas.*
10.00 **Swingers** A look behind the scenes at a swingers club on Valentine's Day.
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **First Dates**
2.05 **Location, Location, Location** From London.
3.05 **George Clarke's Remarkable Renovations**
4.05 **Four in a Bed**
4.35 **to 4.50** AM **Jamie's Comfort Food**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 3-5/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Knockout:* 18/25. A boxer is killed. **7.00** *Hide and Seek:* 19/25. The team try to trace the history of a gun believed to have been used in a murder. **8.00** *Dead Reckoning:* 20/25. Gibbs is forced to put his personal feelings aside to work with Trent Kort. (S6)
9.00 **Criminal Minds** *Lucky Strikes:* 5/22. Garcia is hit by anxiety over a case with a personal connection to her. **10.00** *The Bunker:* 6/22. Several women go missing in Virginia. (S13)
11.00 **Law & Order: Special Victims Unit** (S17)
12.55 AM **The Resident**
2.50 **Criminal Minds**(S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Fare Dodgers: At War with the Law**
10.00 **Murder 360** New edition The case of Kylen Schulte and Crystal Turner.
11.00 **Skin A&E**
12.00 M'T **Banged Up Abroad**
1.00 AM **My Lover, My Killer**
2.00 **GPs: Behind Closed Doors** Medical series.
2.50 **Casualty 24/7: Every Second Counts**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.05 PM FILM **Vengeance Valley** Western starring Burt Lancaster and Joanne Dru. A rancher tries to keep his foster-brother out of trouble. (1951, PG, 90min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Traffic Cops** Officers in Chesterfield pursue a possible cloned vehicle.
10.00 **Police: Suspect No 1** An altercation leads to a man fighting for his life.
11.00 **MacGyver** 8/21. Angus encounters an assassin hired to kill him. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants take part in *MasterChef*'s infamous one-inch cube taste test.
8.10 **Inside the Ambulance at Christmas** Aaron and Chris are called to a man suffering potentially life-threatening injuries.
9.10 **Inside the Ambulance** Joel and Nic treat a man who fell from a ladder.
9.40 **One Born Every Minute**
11.40 **999 Rescue Squad**
12.40 AM **Who Killed Jenni Rivera?** Documentary.
1.45 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.30 **Doctors**
9.45 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.15 **Tenko**
3.15 **The Doctor Blake Mysteries** 1/8. (S3)
4.15 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Three Tools of Death.*
9.00 **Sister Boniface Mysteries** *The It Girl:* 3/12. Sister Boniface investigates a locked room mystery. (S2)
10.00 **New Tricks**
11.20 **Spooks** 10/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Wednesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Charles Hanson takes part in a whirlwind shopping dash. **8.00** Margie Cooper and Tim Medhurst explore Cumbria in a campervan.
9.00 **1000-lb Roomies** New edition While Nesha looks to redefine her 20-year situationship with Jol, Jaz hits a major weight loss milestone.
10.00 **Dr Pimple Popper**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** Items include an unusual Asian drum, an Argentinian belt and push-a-long toy.
6.00 **Tenable** A women and her four children take part in the quiz show. **7.00** Five friends from Glasgow take part.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Cripple Creek** Western. (1952, U) ★★
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Canadians** Western adventure. (1961, U, 90min) ★★
2.55 **FILM Texas** Western adventure. (1941, b/w, PG, 93min) ★★★
5.00 **FILM The Warrant** Western adventure. (2020, 12, 90min) ★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM In the Line of Fire** Action thriller. (1993, 15, 127min) ★★★★
11.50 **FILM Escape Plan 3** Thriller. (2019, 15) ★
1.55 AM **FILM Disaster Zone: Volcano in New York** Disaster thriller. (2006, 12, 90min) ★★
4.00 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7** Documentary.
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: The Beach Murders** Crime drama. (2017, PG, 90min) ★★
1.00 PM **FILM Two Wrongs** Thriller. (2015, PG) ★★
2.55 **FILM Crimes of Passion** Thriller. (2005) ★★★
5.05 **FILM Wandering Eye** Thriller. (2011, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Playing It Cool** Romantic comedy. (2014, 15, 91 min) ★★
11.05 **FILM Crisis Point** Thriller. (2012, PG) ★★
1.10 AM **FILM Living with the Enemy** Thriller. (2005, PG, 90min) ★★
3.00 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM Labour, Lies and Murder** Thriller. (2022, U) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Hint of Love** Comedy. (2020) ★★
10.10 **FILM Love In Translation** Drama. (2021, U) ★★
12.05 PM **FILM Accidentally in Love** Romantic comedy. (2021, PG, 90min) ★★
2.00 **FILM One Summer** Drama. (2021, PG) ★★
4.05 **FILM Mid-Love Crisis** Romantic drama. (2022, PG, 90min) ★★
6.05 **FILM Season for Love** Romantic drama. (2018, PG, 90min) ★★
8.00 **FILM How to Find Forever** Drama. (2021, PG, 115min) ★★
9.55 **FILM My One and Only** Romantic drama. (2019, PG, 90min) ★★
11.50 **FILM Lying To Be Perfect** Comedy. (2010, PG, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love Upstream** Comedy. (2021, PG, 90min) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **You're Only Young Twice** 3/8. (S2)
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **From Here to Eternity**
3.00 **Rewind and Remember**
3.30 **That's My Dog**
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 2/7. (S1)
5.30 **You're Only Young Twice** 3/8. (S2)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **A Sharp Intake of Breath** 2/7. (S1)
9.00 **Bramwell** (S3)
10.00 **Game On** 2/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **Shock**
1.25 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Keith struggles to keep the *Wizard* afloat. **8.00** A huge Arctic hurricane causes treacherous conditions.
9.00 **Tiny House, Big Living** New editions Double bill. Couples enter the tiny house real estate market.
10.00 **NEW SERIES Tiny House, Big Living** Double bill. Couples enter the tiny house real estate market.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Every Day**
10.00 **The Hairy Bikers' Mediterranean...**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **The Hairy Bikers' Mediterranean...**
7.00 **Great British Bake Off**
9.00 **Hairy Bikers' Mississippi Adventure**
10.00 **James Martin's Great...**
11.00 **Diners, Drive-Ins and...**
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 2/24. (S8)
9.00 **The Fall Guy** 1/22. (S3)
10.00 **Knight Rider** (S4)
11.00 **FILM Zodiac: Signs of the Apocalypse** Sci-fi disaster thriller. (2014, PG, 120min) ★
1.00 PM **FILM The Shooting** Haunting Western. (1966, 15, 90min) ★★★
2.35 **FILM Reap the Wild Wind** Drama. (1942, PG, 124min) ★★★
5.00 **Star Trek** 16/24. (S3)
6.00 **Knight Rider** (S4)
7.00 **The Fall Guy** 2/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Virtuosity** Sci-fi thriller. (1995, 15, 103min) ★★★
11.05 **FILM Acceleration** Action adventure. (2019, 15, 90min) ★★
12.50 AM **FILM Black Water** Thriller. (2018, 15) ★★
2.55 **to 4.50** AM **FILM What Keeps You Alive** Thriller. (2018, 15, 98min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Apocalypse Pompeii** As 5.00pm.
8.00 **FILM The Gambler V: Playing for Keeps** Drama. (1994, PG) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Shark Lake** Thriller. (2015, 15, 90min) ★★
1.00 PM **FILM Biggles: Adventure in Time** Time travel adventure. (1986, PG, 108min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 17/23. (S4)
5.00 **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 90min) ★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 18/23. (S4)
9.00 **FILM Driven to Kill** Action thriller starring Steven Seagal. (2009, 18, 94min) ★★
11.00 **FILM Peripheral** Horror. (2018, 18, 120min) ★★
1.00 **to 3.00** AM **FILM Driven to Kill** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Evidence of the Unexplained**
11.10 **Weird or What?**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence**
10.00 **World's Most Unexplained...**
11.00 **The Proof Is Out There**
12.00 M'T **Secrets in the Sand**
1.00 AM **Evidence of...**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** The Himalayas.
12.00 NOON **Yorkshire: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** A former taxi driver from Florida who now farms in a remote part of the Philippines.
9.00 **Portugal with Michael Portillo** Exploring the island of Madeira.
10.00 **Into the Amazon with Robson Green**
11.00 **Autopsy** Double bill.
1.00 AM **When TV Goes Horribly Wrong**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun** Renovating a manor house in central France.
9.00 **Chasing The West** New edition Jonathan and Drew Scott help city slickers find life beyond their laptops in California.
10.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
7.30 **Extreme Cheapskates**
8.00 **My Lottery Dream Home**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 **1000-lb Sisters**
10.00 **Dr Pimple Popper**
11.00 **Tumour Bigger Than My Head: Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Tumour Bigger Than My Head: Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 16–19/25. (S5)
1.00 PM **Friends** (S7)
7.00 **Friends** 19/24. Monica's attractive cousin visits. **7.30** 20/24. Rachel meets up with an old college friend. Guest stars Winona Ryder. **8.00** 21/24. Chandler writes his marriage vows. **8.30** 22/24. Rachel gets into trouble for driving Monica's Porsche. (S7)
9.00 **FILM As Good As It Gets** Comedy starring Jack Nicholson. (1997, 15, 138min) ★★★★
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **South Park**
3.10 **Beavis and Butt-Head**
3.30 **Russell Howard: Live at the London Palladium**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 9&10/13. (S3)
11.00 **Friends** (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** 11&12/13. (S3)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** Four episodes of the series, including at: **8.00** 18/25. Ray buys a new vacuum cleaner. **8.30** 19/25. Marie and Debra fall out. (S5)
9.00 **South Park** (S1, 5&6)
12.00 M'T **Beavis and Butt-Head** &s5&6)
2.00 AM **Key & Peele**
3.00 **Teachers** (S2)
3.45 **Comedy Central Live**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure**
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Blood & Treasure** (S1)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Loch Ness to London**
2.00 **Duck Quacks Don't Echo**
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

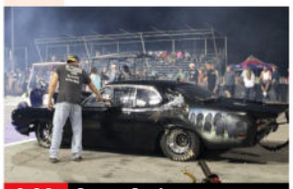
6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
9.00 **Catfish: Scammed**
10.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Laguna Beach: The Real Orange County**
8.00 **I Used to Be Fat**
9.00 **Ghosted: Love Gone Missing** Michael quickly fell in love after the charming Francisco slid into his Twitter DMs.
10.00 **Caught in the Act: Unfaithful** Reality series.
11.00 **Ex on the Beach**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush**
5.00 **Building Off the Grid** An off-the-grid home within the edge of an active volcano.
6.00 **Baggage Battles** An auction in Stockton, California, yields a vintage slot machine.
6.30 The bidders visit an auction in St Paul, Minnesota, where items include a doll.



9.00 Street Outlaws

7.00 **Wheeler Dealers World Tour** Mike and Elvis find a 1970s classic VW camper in need of some mechanical TLC.

8.00 **Roadworthy Rescues** Derek finds a 1928 Ford Model A in a car club in Detroit and calls an expert to try to get it running.

9.00 **Street Outlaws: Locals Only** New edition The last local standing goes up against Jeff Lutz to see who wins the prize.

10.00 **Roadworthy Rescues** New edition Derek wants to drive a 1947 Studebaker Champion home from Oklahoma.

11.00 **Buying Alaska** Double bill.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Street Outlaws: Bristol Race 2019**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **The Vet Life**
9.00 **Predators Up Close with Joel Lambert**
10.00 **Tanked**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** Game Warden Eddins assists the local police with an animal cruelty case.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff heads to Texas to help out animals who were rescued following Hurricane Harvey.

8.00 Dog Detectives

7.00 **Treehouse Masters** A build for a couple searching for treehouse treasure that features hidden compartments.

8.00 **Dog Detectives** PC Gayles and his dog Thor are on the hunt for evidence to convict mobile phone thieves.

9.00 **Alaska: The Last Frontier** A fire threatens to destroy Otto's cabin, while Atz Lee and Jane embark on a mission.

10.00 **Alaskan Bush People** The Wolfpack must problem solve to get the house back on track in time for the deep freeze.

11.00 **Pit Bulls & Parolees** Earl helps an abandoned rottweiler.
12.00 M'T **Crikey! It's the Irwins** Bindi and the zoo welcome two baby echidnas.
1.00 AM **Dog Detectives** As 8pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **Drain the Oceans**
3.00 **Lost Ships of WW2**
4.00 **Destruction Decoded** The top 10 apocalyptic scenarios.
5.00 **Car S.O.S** A 1984 Opel Manta GTE owned by a former amateur rally driver.
6.00 **Liberation: D-Day to Berlin** Hitler launches a surprise attack into liberated Belgium.

6.00 Liberation: D-Day to Berlin

7.00 **Air Crash Investigation** An investigator tries to prove the cause of a plane crash in 1991 that killed 23 people.

8.00 **Secret Nazi Science** Series finale Nazi architects' designs for cities of the future.

9.00 **Nazi Child Soldiers** Exploring the history of the Hitler Youth, which indoctrinated a whole generation of boys.

10.00 **Drain the Oceans** Uncovering historical artefacts from the bottom of the sea.

11.00 **Air Crash Investigation**
12.00 M'T **Naming the Dead**
12.55 AM **To Catch a Smuggler**
1.55 **Abandoned**
2.25 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **Trials of the Wild**
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There**
1.00 PM **Death Coast**
2.00 **Deadman's Curse** As 10pm.
3.00 **Combat Trains** Double bill.
5.00 **Contraband: Seized at Sea** Smuggling in major US ports and waterways.
6.00 **American Pickers** A once-in-a-lifetime stockpile of amazing movie memorabilia.

10.00 Deadman's Curse

7.00 **Forged in Fire** Four smiths get cooking when they are tasked with forging a chef's knife.

8.00 **Secrets of Great British Castles** Exploring the history of Stirling Castle – the castle guarding the gateway to the Highlands.

9.00 **Death Coast** New edition The team's search for the wrecks of *Mary, Joseph*, and *Neptune* takes them into uncharted territory.

10.00 **Deadman's Curse** New edition Legendary hunter Adam Palmer sets out to uncover the secrets of Sasquatch Valley.

11.00 **The UnBelievable with Dan Aykroyd** The team explore some outlandish stories.
12.00 M'T **Close Encounters Down Under** Extraordinary UFO stories from rural Australia.
12.55 AM **The Proof Is Out There**
1.50 **Death Coast** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys Goes to Ireland**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War**
5.00 **War Factories** The story of America's 'Liberty Ships,' that are known as the Model T Fords of the ocean.
6.00 **Antiques Roadshow** Fiona Bruce visits Stowe House in Buckinghamshire.

8.00 Churchill's Bid to Abolish...

7.00 **Mediterranean with Simon Reeve** Simon travels through Libya, and discovers a mountain fortress in Tunisia.

8.00 **Churchill's Bid to Abolish Britain** The story of Winston Churchill's extraordinary proposal to unite Britain and France.

9.00 **Operation Arctic** Kate Humble meets the Inuit artists who are inspired by the changing world around them.

10.00 **Bangers & Cash** Derek picks up a trio of classics – a Morris 8 tourer, a Mini Van and a 1940s Morris LC3 truck.

11.00 **Billy Connolly's Great American Trail** Billy visits the Grand Ole Opry in Nashville.
12.00 M'T **Bangers & Cash** A man reluctantly sends his dream car to auction.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team restore a carved wooden bench and a Victorian kaleidoscope.
8.00 **The Yorkshire Auction House** A retired woman wants to declutter her home and raise money to visit her family abroad.
9.00 A customer needs help to thin out the items inherited from her father.
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Real-life cases.
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **911: Did the Killer Call?** New edition A mother is murdered in her home.
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
7.00 PM **Forensic Factor** A rapist preys on elderly women living in isolated Southern Ontario.
8.00 **Donal MacIntyre's UK Killer Evidence** A UK gangster with links to the infamous Brinks Mat robbery is killed in a South London suburb.
9.00 **To Catch a Killer** The team investigate a cold case from 1982 involving the murder of a nurse.
10.00 **It Takes a Killer** A couple are attacked in their home by an axe-wielding murderer.
10.30 A killer uses Louisiana's capital as his private hunting ground.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
2.00 PM **Evidence of Evil**
4.00 **Medical Detectives** A discarded sleeping bag contains traces of a murderous act.
4.30 An apparent accidental death begins to look suspicious.
5.00 The discovery of vital evidence helps police detectives piece together a murder case.
5.30 The body of a missing woman is found twenty years after her disappearance.
6.00 Police dogs trace a killer's scent and reveal a twisted perpetrator.
6.30 An investigation into a blaze which killed a middle-aged woman.
7.00 **Judge Judy** Real-life small-claims cases with Judge Judy Sheindlin.
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Most Evil Killers**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **Most Evil Killers**
5.00 **Murders That Shocked the Nation** Mary Bell.
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killer in My Village**
10.00 **Richard Ramirez: The Night Stalker Tapes**
11.15 **Most Evil Killers**
12.10 AM **Killing Mum and Dad**
1.05 **Murders That Shocked...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Wrecks That Changed the World** Risks at sea.
9.35 **Besieged Fortresses, Legendary Battles**
10.50 **Inside Japan's War**
12.00 NOON **Henry VIII and the King's Men**
1.00 PM **After Chaos**
2.10 **Wrecks That Changed...**
3.15 **Besieged Fortresses...**
4.20 **Inside Japan's War**
5.30 **Henry VIII and the...**
6.35 **Wrecks That Changed...**
7.35 **Besieged Fortresses, Legendary Battles** New edition Examining Joan of Arc's victory at the Siege of Orléans.
8.45 **Inside Japan's War** The fall of Singapore.
9.50 **Henry VIII and the King's Men**
10.50 **Besieged Fortresses...**
12.00 M'T **Inside Japan's War**
1.10 **to 2.00** AM **America the Bountiful**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Robert Donat**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Juan Carlos: Downfall of...**
11.00 **Ghislaine Maxwell: Epstein's...**
12.00 NOON **Money Electric: The Bitcoin Mystery**
2.00 PM **Wirecard: A Billion Euro Lie**
4.00 **Discovering: Robert Donat**
5.00 **The Directors**
6.00 **The Sixties**
7.00 **Juan Carlos: Downfall of the King** 3/4. Corinna's revelations are secretly recorded.
8.00 **Ghislaine Maxwell: Epstein's Shadow** 3/3. A look at why the former socialite left Jeffrey Epstein after almost 20 years.
9.00 NEW SERIES **Amsterdam Narcos** 1/3. Charting how the Dutch city turned into the drug capital of Europe.
10.00 **The Essex Murders**
1.00 AM **100 Foot Wave**
2.00 **The Golden Boy: Oscar De La Hoya** 1&2/2. Documentary.
5.00 **to 6.00** AM **Discovering: Robert Donat**

Sky Nature

145 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **America's Wild Seasons**
10.00 **Brazil Untamed**
11.00 **A Cheetah's Pride**
12.00 NOON **Wild Rockies**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **America's Wild Seasons**
4.00 **Brazil Untamed**
5.00 **Island of the Monsoon**
6.00 **Wild Rockies**
7.00 **Monkey Life** Double bill.
8.00 **Shark with Steve Backshall** The naturalist celebrates the diversity of sharks in the oceans.
9.00 **Seasons of the Wild** The dry season in Florida's Everglades.
10.00 **Wild Rockies**
11.00 **Island of the Monsoon**
12.00 M'T **A Cheetah's Pride**
1.00 AM **Wild Castles**
2.00 **Shark with Steve Backshall**
3.00 **Seasons of the Wild**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **America's Wild Seasons**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence**
9.00 **Digging Up Britain's Past**
10.00 **Greatest Heists with Pierce Brosnan**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Secret Societies: In the Shadows**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?**
8.00 **The UnXplained with William Shatner** Double bill.
10.00 **Secrets in the Ice** A glacier tomb found in Iceland.
11.00 **Alien Files: Unsealed** Reported accounts of alien encounters.
12.00 M'T **Ancient Aliens**
2.00 AM **Evidence of the Unexplained** UFO sightings.
3.00 **Battle 360**
4.00 **Secret Societies: In the Shadows**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder By Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **Accused: Did I Do It?** Series finale A woman claims to have no memory of her husband's death.
10.00 **#Textmewhenyougethome**
11.00 **Last Night Out**
12.00 M'T **Murder By Medic**
1.00 AM **Accused: Did I Do It?**
2.00 **Imperfect Murder**
3.00 **Secrets of the Morgue**
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Katavi: Africa's Fallen Paradise**
3.00 **Pond Stars**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 NEW **Croatia's Coast** The islands, mountains and forests of the Croatian coast.
8.00 **Desert Lions: Skeleton Coast** Following three orphaned lion cubs from birth to adulthood.
9.00 **Titans of the Sea: A Family Affair** Following sperm whales off the coast of Mauritius.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Cyril and his team search for the giant Piraiba.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Egypt's New Tomb Revealed** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The risk to manned space exploration of cosmic rays.
8.00 **Egypt's New Tomb Revealed** A gold coffin unearthed in the Valley of the Kings.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** The case of Lisa Solomon, who was reported missing on Christmas Eve 1987.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
7.00 **Abandoned Engineering** Ruins from the time before the fall of the Berlin Wall, including a covert Communist base that hid Cold War submarines and the former HQ of the Soviet Army in East Germany.
8.00 A closer look at a sprawling Wild West ghost town that sits peaceful and abandoned in Montana, but is still haunted by tales of murder, corruption and buried treasure.
9.00 An elaborate underground complex in Italy that had been abandoned for nearly 2,000 years.
10.00 A ruined compound on the edge of a peninsula in Colombia that was once home to a famous outlaw.
11.00 A formerly luxurious and strategic mountain-top villa on the Greek island of Rhodes.
12.00 M'T **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 141 166

8.00 AM **Living a Nightmare**
9.00 **Who Killed Jane Doe?**
11.00 **Home Sweet Homicide**
1.00 PM **The 1980s: The Deadliest Decade** Double bill.
3.00 **Caught in the Net**
5.00 **Never Say Goodbye**
7.00 **Disappeared** The case of 20-year-old Bear Diaz, who vanished one night with his belongings. Investigators contemplated whether there was a connection with another disappearance.
8.00 The case of 15-year-old gymnast Kayla Berg, who vanished in August 2009 after last being seen at a fast-food restaurant in Antigo, Wisconsin.
9.00 **Road Rage** A mother defends her child from a group of bikers.
9.30 A group of women get into a gigantic brawl in Florida.
10.00 **Exposed: Naked Crimes**
11.00 **Good Cop, Bad Cop**
12.00 M'T **I Went Undercover**
2.00 AM **Never Say Goodbye**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Engine Addict with Jimmy...**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Engine Addict with Jimmy...**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop** Richard redesigns his horsebox into an RV.
10.00 **Engine Addict with Jimmy de Ville** Jimmy visits the UK.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Thicket** Western. (2024, 15, 108min) ★★★
8.00 **Rumours** Horror comedy. (2024, 15, 104min) ★★★
9.50 **Sonic the Hedgehog 3** (2024)
11.50 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
2.00 PM **September 5** Thriller. (2024, 15, 95min) ★★★★
3.45 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
5.20 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★

5.20 Wicked

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Long Gone Heroes Action thriller starring Eden Brolin, Andy Garcia and Melissa Leo. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101min)

11.45 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
1.35 AM **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
3.35 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Star Trek: Insurrection** Adventure. (1998, PG) ★★★
7.55 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
9.55 **Swordfish** (2001, 15) ★★★
11.40 **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
1.15 PM **A Quiet Place: Day One** Horror. (2024, 15) ★★★★
3.00 **Fury** World War Two drama. (2014, 15, 134min) ★★★
5.20 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★

5.20 There Will Be Blood

8.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Theresa Randle and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 Django Unchained Quentin Tarantino's Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.30 AM **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
3.30 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
5.20 **to 7.00** AM **The First Purge** Horror thriller prequel. (2018, 15, 98min) ★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **El Dorado** As 1.30pm.
9.25 **Tommy** As 9.50pm.
11.30 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
1.30 PM **El Dorado** Classic Western. (1966, PG, 126min) ★★★★
3.50 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
6.10 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★

8.00 Cicada Drama starring Matthew Fifer and Sheldon D Brown. As they continue to recover from separate traumatic events, two young men gradually start to fall for each other. With Sandra Bauleo and Cobie Smulders. (2020, 15, 96min) ★★★★
9.50 Tommy Ken Russell's screen version of The Who's famous rock opera. Stars Roger Daltrey, Ann-Margret, Oliver Reed, Elton John, Eric Clapton and Keith Moon. (1975, 15, 111min) ★★★★

11.50 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
2.15 AM **Lost in Translation** (2003)
4.00 **to 6.15** AM **The Man Who Shot Liberty Valance** John Ford Western starring James Stewart. (1962, b/w, U, 122min) ★★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.05 AM **Chappie** As 1.45am.
9.10 **Friendship's Death** As 3.50am.
10.30 **Sinister** As shown at 10.00pm.
12.25 PM **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
2.15 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
4.10 **Johnny Mnemonic** Futuristic thriller starring Keanu Reeves. (1995, 15, 98min) ★★

6.00 The Birds Alfred Hitchcock's classic horror starring Tippi Hedren and Rod Taylor. (1963, 15, 118min) ★★★★★
8.00 Terminator Salvation Sci-fi thriller sequel starring Christian Bale and Sam Worthington. (2009, 12, 110min) ★★★
10.00 Sinister Horror thriller starring Ethan Hawke. A struggling true-crime author moves into a haunted house with his wife and children hoping for inspiration. (2012, 15, 105min) ★★★

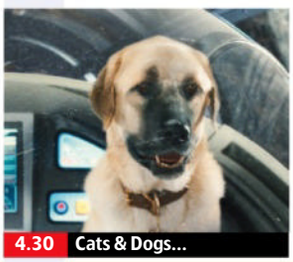
11.55 **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
1.45 AM **Chappie** Sci-fi thriller. (2015, 15, 120min) ★★
3.50 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
5.15 **to 7.00** AM **I.S.S** Sci-fi drama. (2023, 15, 95min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.40 AM **Twist** (2021, 12) ★★★★
8.20 **Zathura: A Space Adventure**
10.10 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
11.45 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
1.15 PM **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
3.00 **Cats & Dogs** (2001, PG) ★★★
4.30 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
6.00 **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★



4.30 Cats & Dogs...

8.00 **The Karate Kid** Martial arts adventure starring Jaden Smith and Jackie Chan. A 12-year-old American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. With Taraji P Henson and Wenwen Han. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Bookworm** Comedy adventure starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Reuniting the Rubins** Comedy drama with Timothy Spall. (2010, PG, 98min) ★
2.10 **Zathura: A Space Adventure** Sci-fi fantasy adventure. (2005, PG, 113min) ★★★★
4.00 **Blueback** Family drama. (2022, PG, 102min) ★★★
5.50 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.00 AM **The Hand of Death**
8.45 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
11.05 **Fast & Furious 8** Thriller sequel starring Vin Diesel. (2017, 12, 136min) ★★★
1.30 PM **Shazam!** As 9.55pm.
3.50 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
5.30 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★

9.55 Shazam!

8.00 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser and Maria Bello. The husband-and-wife explorers embark on the biggest adventure of their lives. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Shazam!** Comedy adventure starring Zachary Levi and Mark Strong. Youngster Billy Batson is chosen by the ancient wizard Shazam as his new champion, and receives various superpowers. (2019, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Shrapnel** Action thriller. (2023, 15, 89min) ★★
1.45 **Crank** Action thriller. (2006, 18, 88min) ★★★★
3.15 **The Hand of Death** Thriller. (1976, 15, 95min) ★★★
4.55 **to 6.35** AM **Royal Warriors** Thriller. (1986, 18) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Brewster's Millions**
8.45 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
10.30 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
12.10 PM **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
2.10 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
4.15 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
6.10 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

6.10 The Truman Show

8.00 **The Holdovers** Comedy drama starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the Christmas holidays with a student. With Da'Vine Joy Randolph, Dominic Sessa and Carrie Preston. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

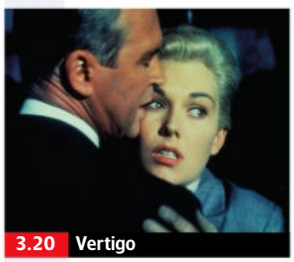
10.20 **Napoleon Dynamite** Teen comedy starring Jon Heder as a nerdy teenager growing up in a small Idaho town. With Efren Ramirez. (2004, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
1.45 AM **Roxanne** Comedy. (1987, PG, 102min) ★★★★
3.40 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
5.30 **to 7.50** AM **The Holdovers**

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **Unhinged** Action thriller. (2020, 15, 90min) ★★★
9.15 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
11.30 **The Line** As 12.25am.
1.20 PM **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
3.20 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
5.40 **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★



3.20 Vertigo

8.00 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Against All Odds** Thriller starring Jeff Bridges, Rachel Ward and James Woods. An unemployed football player is hired by a sleazy bookmaker to track down his missing girlfriend. (1984, 18, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Line** Drama. (2023, 15, 100min) ★★★
2.15 **Desperation Road** Thriller. (2023, 18, 112min) ★★★★
4.15 **to 6.20** AM **Gloria** Thriller. (1980, 15, 121min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
1.15 PM **Annie** Musical remake. (2014, PG, 115min) ★★★
3.35 **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
6.40 **The Personal History of David Copperfield** Adaptation of Charles Dickens' novel. (2019, PG, 115min) ★★★★

3.35 Oliver!

The Personal History of David Copperfield (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **American Gangster Special** A preview of Ridley Scott's crime drama.
9.10 **American Gangster** Director Ridley Scott's epic fact-based crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 **to 3.50** AM **Scarface** Brian De Palma's thriller about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. Stars Al Pacino and Robert Loggia. (1983, 18, 163min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

6.45 AM **Cloverfield** As 1.20am.
8.25 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
10.25 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
12.35 PM **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
2.35 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
4.25 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★

6.15 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.50 **Inception** Christopher Nolan's thriller with Leonardo DiCaprio. (2010, 12, 148min) ★★★★★

1.20 AM **Cloverfield** Offbeat disaster movie starring Lizzy Caplan. (2007, 15, 81min) ★★★
2.50 **The Cinema List: Sky Originals**
3.20 **to 6.00** AM **Scent of a Woman** Coming-of-age drama starring Al Pacino and Chris O'Donnell. (1992, 15, 157min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.10 AM **Clear and Present Danger**
8.40 **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
10.25 **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio. (1989, PG, 111min) ★
12.25 PM **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
2.35 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★

4.15 **Streetfighter** Action drama. (1994, 12, 102min) ★★
6.00 **Raiders of the Lost Ark** Action adventure starring Harrison Ford. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure starring Harrison Ford. (1984, PG, 118min) ★★★
10.00 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★★★★

12.10 AM **Clear and Present Danger** Action thriller starring Harrison Ford. (1994, 12, 141min) ★★★
2.35 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
4.45 **to 6.25** AM **Bowfinger** Comedy starring Steve Martin. (1999, 12, 97min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
7.45 **Curious George** Animation. (2006, U, 87min) ★★★★
9.20 **Trolls Band Together** (2023)
11.00 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
12.45 PM **Kung Fu Panda 3** Animated comedy sequel. (2016, PG, 95min) ★★★★

2.25 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
4.00 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
5.40 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
7.15 **Smurfs: The Lost Village** Animation. (2017, U, 87min) ★★★
8.50 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
10.20 **Trolls Band Together** (2023)
12.00 M'T **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★

1.30 AM **Curious George** As 7.45am.
3.05 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
5.00 **to 6.25** AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animated family adventure. (2021, PG, 78min) ★★★

Movies 24

312 313 419

7.00 AM **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
9.00 **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★
11.00 **Food for the Heart** Romantic comedy. (2023, PG, 83min) ★★
1.00 PM **For Love & Honey** Romantic comedy drama. (2024, U, 84min) ★★
3.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★

5.00 **Romantic Friction** Romantic comedy. (2023, PG, 90min) ★★
7.00 **An American in Austen** Romantic comedy starring Eliza Bennett. (2024, PG, 84min) ★★
9.00 **Game, Set, Love** Romantic comedy with Davida Williams and Richard Harmonv. A former tennis pro coaches an infamous player for a tournament, and sees past his bad reputation. (2022, PG, 84min) ★★
11.00 **The Journey Ahead** Comedy. (2022, PG, 102min) ★★

1.00 AM **A Bridesmaid in Love** Romantic comedy starring Tori Anderson and Sean Poague. (2022, PG, 87min) ★★
3.00 **to 5.00** AM **Falling Together** Drama. (2024, U, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.00 **The Flaw** Melodrama. (1955, b/w, PG, 90min) ★★
8.15 **The Leather Boys** Drama. (1963, b/w, PG, 107min) ★★
10.25 **Look at Life**
10.40 **My Brother Jonathan** Drama. (1947, b/w, PG, 107min) ★★★
12.45 PM **Burnt Evidence** Thriller. (1954, b/w, PG, 61min) ★★★
1.55 **The Brothers** 9/13. (S5)

3.00 **The End of the Road** Drama. (1954, b/w, U, 78min) ★★★
4.35 **Look at Life**
4.45 **Lady in the Fog** Murder mystery starring Cesar Romero. (1952, b/w, PG, 73min) ★★★
6.25 **Strange But True**
7.00 **Danger UXB** 8/13. (S1)
8.05 **Van der Valk** 6/6. (S1)
9.05 **Maigret** 4/6. (S13)
10.55 **Sex (Re)education** 10/10. (S1)
11.25 **Reckless** 2/6. (S1)
12.30 AM **Blind Rage** Crime comedy. (1976, 18, 80min) ★★★

2.10 **Goldeneye: The Secret Life of Ian Fleming** Biopic with Charles Dance. (1989, 15, 105min) ★★★
4.15 **Fools Rush In** Crime thriller. (1955, b/w, PG, 69min) ★★★
5.10 **What's On TPTV with Noel**
5.25 **to 6.00** AM **Churchill's Secret Army**

WEDNESDAY Sport 13 August

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
11.30 **LIVE The Hundred Southern Brave v Northern Superchargers.** Coverage of this afternoon's women's match held at the Utilita Bowl, Southampton. Start-time 11.30am.
2.30 PM **LIVE The Hundred Southern Brave v Northern Superchargers.** Coverage of the men's match staged at the Utilita Bowl in Southampton. Start-time 3.00pm.
6.00 **Sports Centre** A round-up of the sports news, with analysis, comments and interviews
7.00 **LIVE EFL Cup Birmingham City v Sheffield United.** Coverage of the northern section first-round match, which comes from St Andrew's @ Knighthead Park. Kick-off 8.00pm.
10.45 **LIVE WTA & ATP Tennis** Coverage of day seven of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** Memorable moments from the 2012/2013 season.
3.00 **PL Retro** Liverpool v Blackburn Rovers from 1994/1995.
5.00 **Transfer 360** Duncan Ferguson.
5.30 **Premier League Preview**
6.30 **Premier League Stories** Liverpool's managerial transitions.
7.00 **The Transfer Show**
8.00 **Premier League Years** A look back at the 2024/2025 season.
10.00 **Premier League Stories** A look at the rich legacy of Liverpool's managerial transitions.
10.30 **Transfer 360** Duncan Ferguson.
11.00 **Premier League Years** Featuring memorable moments from the 2013/2014 season.
1.00 AM **PL Retro** Liverpool v Chelsea from the 2013/2014 season.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 10/11**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
7.00 **EFL** Sunderland v Wycombe.
8.00 **EFL Highlights**
9.00 **EFL Greatest Games**
10.00 **Retro League One**
12.00 NOON **EFL Cup** Action from Bromley v Ipswich Town.
2.00 PM **EFL** Action from 2013/2014.
5.00 **EFL Greatest Games**
5.30 **EFL Highlights**
6.00 **SPFL Round-Up**
6.15 **SPFL Highlights**
6.30 **EFL Cup Highlights**
7.00 **LIVE EFL Cup Birmingham City v Sheffield United.** Coverage of the northern section first-round match, which comes from St Andrew's @ Knighthead Park. Kick-off 8.00pm.
10.45 **EFL Cup Highlights** Action from Bromley v Ipswich Town.
11.15 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
2.30 **1983: When Aberdeen Ruled Europe** A great year for the team.
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A chance to see Birmingham Phoenix Women v Oval Invincibles Women.
9.15 **The Hundred Bitesize**
11.15 **LIVE The Hundred Southern Brave v Northern Superchargers.** Coverage of this afternoon's women's match held at the Utilita Bowl, Southampton. Start-time 11.30am.
2.30 PM **LIVE The Hundred Southern Brave v Northern Superchargers.** Coverage of today's men's match from Utilita Bowl. The Superchargers won by seven wickets when the teams met at Headingley last season. Start-time 3.00pm.
6.00 **LIVE The Hundred Welsh Fire v Manchester Originals.** Coverage of this evening's men's fixture match staged at Sophia Gardens in Cardiff. Start-time 6.30pm.
9.30 **The Hundred Bitesize**
10.30 **The Hundred** A chance to see Southern Brave Women v Northern Superchargers Women.
1.45 AM **The Hundred Bitesize**
2.00 **The Hundred**
5.30 **to 6.00** AM **The**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Women's Golf**
8.00 **Ladies European Tour Golf**
9.00 **The Open Zone**
9.30 **Rose Ladies Series**
12.00 NOON **Ladies European Tour Golf** PIF London Championship.
1.00 PM **Rose Ladies Series**
3.30 **The Open Zone** From 2022.
4.00 **Women's Golf** Highlights.
5.00 **Ladies European Tour Golf**
6.00 **PGA Tour Champions** Action from the Boeing Classic.
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** The Irish Challenge.
8.00 **Countdown to the 2025 Ryder Cup** A look ahead.
8.30 **My Ryder Cup** Justin Rose.
9.00 **PGA Tour Golf** A review of the St Jude Championship.
10.00 **Legends Tour Golf**
11.00 **Ladies European Tour Golf**
12.00 M'T **PGA Tour Champions**
1.00 AM **DP World Tour Golf**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis** Prague Open.
7.00 **WTA Tennis** Canadian Open.
8.00 **WTA & ATP Tennis** Action from day six of the Cincinnati Open.
4.00 PM **LIVE WTA & ATP Tennis** Coverage of day seven of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 AM **Mirra Andreeva Podcast 2024** Answering 10 questions.
4.15 **Bitesize Tennis**
4.30 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **British Superbikes Rewind**
6.15 **The Gruppetto** Cycling action.
6.30 **Men's Cycling Pro Series**
7.30 **Women's Cycling Pro Series**
8.30 **Onboard** The Ocean Race.
9.00 **Miracle of Istanbul**
10.00 **Saudi Masters Snooker**
12.00 NOON **LIVE Saudi Masters Snooker** The opening session of the last-16 from Green Halls in Jeddah, Saudi Arabia.
3.30 PM **Onboard** The Ocean Race.
4.00 **Sign Up: Into Football**
5.00 **UEFA Champions League**
5.30 **UEFA Europa League**
6.00 **Premier League Preview**
7.00 **LIVE UEFA Super Cup Paris Saint-Germain v Tottenham Hotspur.** Coverage of the match from Bluenergy Stadium in Udine, Italy. Kick-off 8.00pm.
10.45 **The Fantasy Show**
11.45 **TNT Sports Reload**
12.00 M'T **LIVE MLB New York Mets v Atlanta Braves.** Coverage of the National League East match from Citi Field. Start-time 12.10am.
3.15 AM **MLB Plays of the Week**
3.45 **Playing for Our Future**
5.15 **Premier League Stories**
5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **Formula E Unplugged**
7.00 **Race Bikes** The Honda RN-01.
7.30 **British Speedway** Round 11.
8.30 **British Superbikes Highlights**
9.30 **WNBA** Liberty v Lynx.
10.30 **NWSL** Recent action.
12.30 PM **TNT Sports Cricket Reload**
1.00 **MLB Highlights** Baseball action.
2.00 **TNT Sports Cricket Reload**
2.15 **British Superbikes Rewind**
2.30 **No Filter Cycling**
2.45 **LIVE Men's Cycling Pro Series** Coverage of the second stage of the Tour of Denmark.
4.45 **Playing for Our Future: Cycling**
5.00 **British Speedway**
6.00 **TNT Sports Reload**
6.30 **Discovery Golf**
7.00 **MLB Highlights**
8.00 **MLB Plays of the Week**
8.30 **LIVE MLB San Francisco Giants v San Diego Padres.** The National League West match at Oracle Park. Start-time 8.45pm.
11.45 **One Day International Cricket**
12.45 AM **TNT Sports Cricket Reload**
1.00 **UEFA Super Cup**
2.30 **Discovery Golf**
3.00 **Onboard** The Ocean Race.
3.30 **Fishing: On the Bank**
4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **The Rugby Championship**
10.15 **Super League Highlights** Leeds Rhinos v Catalans Dragons.
10.30 Action from St Helens v Leigh Leopards in 2024.
10.45 Action from Hull Kingston Rovers v Warrington Wolves.
11.00 **Lions Legends** Mervyn Davies.
11.15 Profile of Martin Johnson.
11.30 Profile of Ian McGeechan.
11.45 Willie John McBride.
12.00 NOON **The Rugby Championship** Action from Argentina v Australia in 2024.
2.00 PM Action from South Africa v New Zealand in 2024.
4.15 **Women's World Matchplay Darts** The fourth staging of the annual tournament in Blackpool.
8.15 **British and Irish Lions Tour** Brumbies v British & Irish Lions.
9.15 Invitational Australia & New Zealand XV v British & Irish Lions.
10.15 **The Rugby Championship** Argentina v Australia in 2024.
12.15 AM Action from South Africa v New Zealand in 2024.
2.30 **Lions Legends**
3.00 **British and Irish Lions Tour**
5.00 **Lions Legends**
5.30 **to 6.00** AM **Rugby Union Retro**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 **Sports Desk** Sports news with live analysis and comments.
3.00 **LIVE The Hundred Welsh Fire Women v Manchester Originals Women.** Coverage of the match from Sophia Gardens, Cardiff. Start-time 3.00pm.
6.00 **Sports Centre**
7.00 **EFL Cup Build-Up** Build-up to the evening's Carabao Cup action, featuring expert opinion, team news and analysis.
7.40 **LIVE EFL Cup Huddersfield Town v Leicester City.** Coverage of the northern section first-round match from Accu Stadium. Kick-off 7.45pm.
10.45 **LIVE WTA & ATP Tennis** Coverage of day seven of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Ladies European Tour Golf**
8.00 **The Hundred Bitesize**
8.30 **HotelPlanner Tour Golf Highlights** Scottish Challenge.
9.00 **DP World Tour Golf**
9.30 **Rose Ladies Series**
10.30 **The Hundred**
11.00 **Ladies European Tour Golf**
12.00 NOON **PGA Tour Golf**
1.00 PM **ATP & WTA Tennis**
2.55 **LIVE The Hundred Welsh Fire Women v Manchester Originals Women.** Coverage of the match from Sophia Gardens, Cardiff. Start-time 3.00pm.
6.00 **Legends Tour Golf**
7.00 **HotelPlanner Tour Golf Highlights** Scottish Challenge.
7.30 **DP World Tour Golf**
8.00 **The Hundred Bitesize**
9.00 **Ladies European Tour Golf**
10.00 **PGA Tour Champions**
11.00 **Formula 1**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Saudi Masters Snooker**
8.00 **Tom Daley: 1.6 Seconds**
9.45 **The Gruppetto**
10.00 **International T20 Cricket Hlts**
11.00 **Fishing: On the Bank**
12.00 NOON **LIVE Saudi Masters Snooker** Coverage from the opening session of the last-16 of the tournament, held at Green Halls in Jeddah, Saudi Arabia.
3.30 PM **SailGP: Racing on the Edge**
4.00 **Test Cricket Highlights**
6.00 **LIVE Saudi Masters Snooker** Coverage from the second session of the last-16 of the tournament, which takes place at Green Halls in Jeddah, Saudi Arabia.
9.30 **Women's Cycling Pro Series**
10.30 **Men's Cycling Pro Series**
11.30 **British Superbikes Highlights**
12.30 AM **British Speedway**
1.30 **Women's Cycling Pro Series**
2.30 **Men's Cycling Pro Series**
3.30 **Race Bikes** The Honda RN-01.
4.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League**
7.30 **Serie A** Football action.
10.30 **SailGP – Racing on the Edge**
11.00 **Men's Cycling Pro Series**
12.00 NOON **Women's Cycling Pro Series** The Tour of Poland.
1.00 PM **LIVE Women's Cycling Pro Series** Stage two of the Tour of Poland, a 99.5km route starting and ending in Chelm.
3.00 **Tour de France Women**
4.00 **MotoGP Highlights**
6.00 **International T20 Cricket Highlights** Action from Darwin.
7.00 **One Day International Cricket**
8.00 **Ultimate Pool** The Pairs Cup.
9.30 **UFC Countdown** UFC 319.
10.30 **UFC** Dolidze v Hernandez.
1.30 AM **UFC Connected**
2.00 **Fight Week** Preview of UFC 319.
2.45 **UFC Fight Flashback**
4.15 **UFC Countdown**
5.15 **Discovery Golf**
5.45 **to 6.00** AM **British Superbikes Rewind**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **MotorSport**
8.00 **Transworld Sport** Magazine.
9.00 **NASCAR Highlights**
10.00 **DTM Highlights**
11.00 **LaLiga Specials**
12.00 NOON **LaLiga** From 2024/25.
2.00 PM **Transworld Sport** Magazine.
3.00 **NASCAR Highlights**
4.00 **DTM Highlights**
5.00 **FIM Sidecarcross** Action from Strassbessenbach, Germany.
6.00 **Viva LaLiga** News and action.
7.30 **LaLiga Specials** From 2023/24.
8.00 **LaLiga** Action from Barcelona v Real Madrid from 2024/25.
10.00 **DTM Highlights**
11.00 **LaLiga Specials** A look ahead to the 2025/26 season.
12.00 M'T **LaLiga** From 2024/25.
2.00 AM **Transworld Sport** Magazine.
3.00 **NASCAR Highlights**
4.00 **DTM Highlights**
5.00 **to 6.00** AM **Desafio China by La Vuelta**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **GP Confidential**
9.30 **Pre-Season Football** A re-run of Wolverhampton Wanderers v Celta Vigo.
11.30 **FastZone** Motorsports highlights.
12.00 NOON **Pre-Season Football** Action from Toulouse v Sevilla.
2.00 PM **LaLiga News**
2.30 **LaLiga Specials** The best saves from the 2024/25 season.
3.00 **Pre-Season Football** Leeds United v AC Milan.
5.00 A re-run of Wolverhampton Wanderers v Celta Vigo.
7.00 **Swedish Speedway** Action from an Elitserien meeting.
9.00 **Bike World** Magazine.
9.30 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
12.00 M'T **Pre-Season Football** Real Betis v FC Como.
2.00 AM **LaLiga Specials**
2.30 **NASCAR Xfinity Series**
5.30 **to 6.00** AM **FastZone**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** The Saudi Arabian Grand Prix from 2022-2024.
12.00 NOON **Formula 1** Saudi Arabian Grand Prix qualifying session.
2.20 PM **Mavericks in F1**
2.30 **Formula 1** Another chance to see the Saudi Arabian Grand Prix.
7.15 **Ollie Bearman IV**
7.25 **Formula 1** British Grand Prix.
7.30 Saudi Arabian Grand Prix.
8.30 **Formula 1** The Saudi Arabian Grand Prix from 2022-2024.
11.30 **Indycar** Action from the BitNile.com Grand Prix of Portland.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

14 August

Evening Planner

Documentary

Saving Lives at Sea

BBC2, 8pm

While a severe storm batters the south coast, the RNLI crew at Portsmouth set off to rescue a windsurfer in trouble.

Crime Drama

The Gone

BBC2, 9pm

In this week's final two episodes, Diana (Acushla-Tara Kupe) and Richter suspect someone else is pulling all the strings.

OnDemand

NETFLIX

In the Mud

Available today

A crime drama from Argentina following a group of women who forge a close bond in prison after a deadly incident.

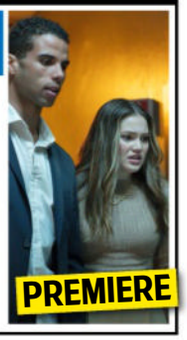
OnDemand

Paramount+

Heart Eyes

Available today

A comic horror. A serial killer who murders couples on Valentine's Day mistakenly thinks two co-workers are really a couple.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 MasterChef		9.00 Destination X		10.00 News; Local News	10.40 Film: Us
	102 BBC2	7.00 The Hairy Bikers Go West		8.00 Saving Lives at Sea		9.00 The Gone		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale		8.30 Tom Kerridge...	9.00 The Fortune Hotel		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 In Flight		10.00 Gogglebox	
	105 5	7.00 Kent: The Garden of England		8.00 The Hotel Inspector		9.00 Ben Fogle: New Lives in the Wild		10.00 Fare Dodgers: At War with the Law	
	106 SKY SHOWCASE	‹ 6.55 The Office (US)		8.00 Rob & Romesh vs Darts		9.00 Never Mind the Buzzcocks		10.00 The Walking Dead: Dead City	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Confessions of a Steroid Gang			10.30 The TikTok...
	116 BBC4	7.00 Film: Grand Hotel				8.50 Garbo, by Joan Crawford	9.35 Film: Casablanca		
	118 ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 Family Guy			
	136 MORE4	‹ 6.55 Grand Designs	7.55 The Dog House			9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 FBI		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under	7.50 House of the Dragon			9.00 The Gilded Age			10.20 Julia
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.15 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	‹ 4.45 Racing: Racing League – Live: From Windsor		8.15 EFL Carabao Cup Highlights			9.45 Film: Everest		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges Live in Glasgow		10.05 South Park	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 Westworld	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Darts		9.00 Never Mind the Buzzcocks		10.00 The Walking Dead: Dead City	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Annika		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Robin Williams		9.00 The Directors		10.00 Classic Movies: The Story of Flash...	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 One Born Every Minute		10.00 Multiple Birth Wards	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Naked and Afraid: Last One Standing		10.00 Ed Stafford: Man Woman Child Wild	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 The UnBelievable with Dan Aykroyd		10.00 Alone	
	155 U&YESTERDAY	7.00 Mediterranean with Simon Reeve		8.00 Bangers & Cash		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 Bobby Robson: More Than a Manager				10.00 100 Foot Wave	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.10 Long Gone Heroes		8.00 Sonic the Hedgehog 3				10.00 Heart Eyes	
	302 FAVOURITES	‹ 6.00 One Life		8.00 Lee				10.00 Lost in Translation	
	303 HITS	‹ 6.00 Tropic Thunder		8.00 Bad Boys for Life				10.05 The Firm	
	304 GREATS	‹ 6.05 Grease		8.00 Funny Face			9.45 'About Last Night..'		
	305 ANIMATION	7.15 Barnyard				8.50 The Wild Thornberrys Movie			10.20 Deep Sea
	306 FAMILY	‹ 6.00 Journey 2: The...	7.40 The Spiderwick Chronicles				9.25 Finding Neverland		
	307 ACTION	‹ 6.20 Charlie's Angels		8.00 Charlie's Angels: Full Throttle				9.50 The Fall Guy	
	308 COMEDY	‹ 6.30 Disaster Movie		8.00 Mamma Mia!				10.00 Mamma Mia! Here We Go Again	
	309 THRILLER	‹ 6.10 Trap		8.00 Ocean's Eleven					10.10 The Sum of All Fears
	310 DRAMA	‹ 6.25 Speak Like a Child		8.00 The Sons of Katie Elder				10.05 Freud's Last Session	
	311 SCI-FI	‹ 6.15 Men in Black		8.00 Ready Player One					10.25 Star Trek IV: The...
	313 FILM4	‹ 5.45 Transformers: Dark of the Moon				9.00 Mission: Impossible – Dead Reckoning Part One			
SPORT	401 MAIN EVENT	‹ 6.00 The Hundred – Live: London Spirit Men v Trent Rockets Men (Start-time 6.30)					9.30 PGA Tour Golf – Live: The BMW Championship		
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Big Interview	8.30 PL Stories	9.00 Premier League Years			
	403 FOOTBALL	7.00 EFL Goals		8.00 SPFL Round-Up	8.30 EFL Highlights	9.00 EFL Cup Highlights		10.00 SPFL...	10.30 EFL Highlights
	405 CRICKET	‹ 6.00 The Hundred – Live: London Spirit Men v Trent Rockets Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	‹ 6.00 MLB – Live: Baltimore Orioles v Seattle Mariners (Start-time 6.05)					9.30 PL Review		
	411 TNT SPORTS 2	‹ 6.30 PL Preview	7.30 Training Day	8.00 MLB – Live: Toronto Blue Jays v Chicago Cubs (Start-time 8.07)					

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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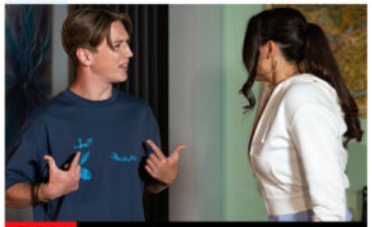
BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** New edition Featuring properties in Suffolk, Kent and Derby. (S)
12.15 PM **Bargain Hunt** New edition Builth Wells in Powys. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** Series finale Chunky maple logs are sent to woodturner Chris's workshop. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



7.30 EastEnders

7 PM

7.00 **The One Show** Clara Amfo and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Priya implores Ravi to stay calm as an angry Joel attempts to provoke him. (S)(AD)

8 PM

8.00 **MasterChef** New edition 5/24. The next group of amateur cooks step into the kitchen, featuring a mystery box challenge with parsnip, strawberries and chicken livers on offer. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **Destination X** New edition 6/10. For the first time, host Rob Brydon reveals to everyone on the X-bus where in the world they actually are, and the players' game plans are revealed. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Us** Jordan Peele's horror thriller starring Lupita Nyong'o, Winston Duke, Elisabeth Moss and Madison Curry. In 1986, young Adelaide goes on holiday with her parents to Santa Cruz. During a trip to the circus, she encounters a terrifying presence in a hall of mirrors. Years later, with a family of her own, their world is turned upside when Adelaide's past comes back to haunt her. (S)(AD) (2019, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Gardeners' World** Jamie Butterworth visits RHS Garden Bridgewater. (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Big Little Journeys** A chameleon and a water vole have to travel to secure their bloodlines. (S)(R)(AD)
5.15 **Flog It!** Oxford. (S)(R)
6.00 **Richard Osman's House of Games** Eddie Kadi, Natasha Raskin Sharp, Charlie Stayt and Faye Tozer take part. (S)(R)
6.30 **Rick Stein's Food Stories** Rick visits a Ukrainian restaurant in London staffed by refugees. (S)(R)

9.00 The Gone

7 PM

7.00 **The Hairy Bikers Go West** Dave Myers and Simon King travel around Merseyside and the Wirral, dropping in at a forward-thinking farm, San's Café at Liverpool's docks, Chris's Chippy and The Seafood Shack in the Wirral. (S)(R)(AD)

8 PM

8.00 **Saving Lives at Sea** New edition 3/10. With Storm Eunice and its 100mph winds battering the south coast, the Portsmouth RNLI crew have to decide whether they can even launch to come the aid of a windsurfer in trouble. (S)(AD)

9 PM

9.00 **The Gone** New episode 5/6. A convicted criminal – linked to the case – escapes from prison. (S2) (S)
■ Concludes tomorrow
9.55 **Natural World: Jungle Animal Hospital** An animal hospital in Guatemala. (S)(R)

10 PM

10.00 **Live at the Apollo** Emmanuel Sonubi hosts the comedy show, introducing stand-up routines by Troy Hawke and Olga Koch. (S)(R)
10.30 **Newsnight** (S)
11.00 **Human** 5/5. Paleoanthropologist Ella Al-Shamahi visits the world's oldest temple, Gobekli Tepe. (S)(R)
12.00 M'T **Sign Zone: Fake or Fortune?** A potential missing work by Frances Hodgkins bought for £35. (S)(R)
1.00 AM **Sign Zone: Saving Lives at Sea** 2/10. Documentary. (S)(R)(AD)
2.00 **Sign Zone: Amol Rajan Interviews: Kemi Badenoch** (R)
2.50 **Sign Zone: Chess Masters: The Endgame** (S)(R)
3.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Darren Harriott, Laura Jackson and Will Mellor trying to win a £50,000 jackpot for their chosen good causes. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Tom Kerridge Cooks Spain

7 PM

7.30 **Emmerdale** Charity is pregnant, Kammy covers for Vinny, and April is manipulated by Ray. (S)(AD)

8 PM

8.30 **Tom Kerridge Cooks Spain** New edition 4/6. In Cuenca, third-generation garlic producer Elena puts Tom to work on a high-tech tractor and gets him to taste the intensity of garlic fresh from the ground. (S)(AD)

9 PM

9.00 **The Fortune Hotel** New edition 4/8. Seven pairs remain as the drama moves to the Games Terrace, where the guests face a sharply personal Hotel Game that puts secrets and strategy to the test. Hosted by Stephen Mangan. (S)(AD)

10 PM

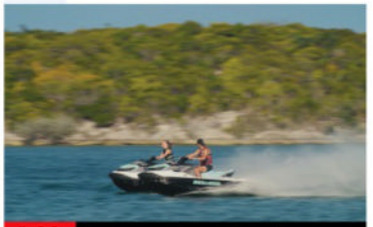
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Creed III** Boxing drama sequel directed by and starring Michael B Jordan. When an old friend resurfaces after a stint behind bars, Adonis Creed is lured back into the ring to settle an old score. With Tessa Thompson and Jonathan Majors. (S)(AD) (2023, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **The Fortune Hotel** As shown at 9.00pm. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** With comedian Eddie Kadi. (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 4-7/22. (S7) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 21-24/24. (S9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** California. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A search for a holiday home on Corfu. (S)(R)
4.00 **The Great House Giveaway** In Birmingham, plumber Kyle and landscape gardener Dan convert two flats into a family home. (S)(R)
5.00 **Chateau DIY** Edward faces his fears when it comes to chopping down a 100ft oak tree. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Lara from Leicestershire hopes to find a property in Almería. (S)(R)



8.00 Supercruising: Life at Sea

7 PM

7.00 **News** (S)

8 PM

8.00 **Supercruising: Life at Sea** New edition 7/8. The MS *Nieuw Statendam* arrives in the Bahamas. Fleet executive chef Sinu lifts the lid on some culinary secrets, teaching passengers how some of the ship's key dishes are prepared. (S)(AD)

9 PM

9.00 **In Flight** New episode 3/6. Jo becomes caught up in a second attempt on Sonny's life. Later, she returns home to a surprise visitor – who delivers some shocking news. (S1) (S)(AD)
■ Entire series on C4 Streaming

10 PM

10.00 **Gogglebox** The armchair critics offer their opinions on shows including *Bridgerton*, *The Piano*, *Britain's Got Talent*, *Inside No. 9*, *My Strange Addiction: Still Addicted?* and *Top of the Pops 1984*. (S)(R)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.00 **Secrets of the Superagers** (R)
1.55 **FILM Spontaneous** Horror comedy starring Katherine Langford. (S) (2020, 15, 100min) ★★★★
3.35 **The Big Pound Shop Swap** (S)(R)
4.30 **Love It or List It** (S)(R)(AD)
4.55 **Kirstie's House of Craft** (S)(R)
5.05 **to 6.00** AM **Worst House on the Street** (S)(SL)(R)(AD)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM Conceived in Lies** Thriller starring Holly Deveaux. (S) (2024, 15, 100min) ★★
4.00 **All Creatures Great and Small** *A Tricki Case:* 4/7. James looks after Mrs Pumphrey's spoiled Pekingese as it recovers from an illness. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Jules Hudson heads to a farm in Bridlington with his horse Barney to meet Peter Milner. (S)(R)
6.55 **News** (S)

8.00 The Hotel Inspector

7.00 Kent: The Garden of England 1/5. Celebrating the beauty of Kent with a look at the lives of those who live, work and play in the county. (S)(R)
7.55 **News** (S)

8.00 The Hotel Inspector New edition 5/8. Alex Polizzi heads to Plymouth, where the owners of St Anne's House, a sprawling holiday let and wannabe wedding venue, are having problems. (S)

9.00 NEW SERIES Ben Fogle: New Lives in the Wild 1/3. Ben journeys deep into the African continent to meet Aleks, a Norwegian model who now resides in the deserts of Botswana. (S)

10.00 Fare Dodgers: At War with the Law Investigators Rich and Greg go in search of a suspect who is thought to have been scamming Transport for London for over a year. (S)(R)

11.05 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.05 AM **Soldier: For King and Country** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S10) (S)(R)(AD)
3.50 **The World's Most Expensive Hotels** The Plaza. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Big Cats Small World** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 22/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Way We Weren't:* Homer tells the family the story of his first love. (S)(R)
5.30 *Today I Am a Clown:* Homer is awarded his own talk show and takes over Krusty's regular TV slot. (S)(R)
6.00 *Bart-Mangled Banner:* The family are sent to Alcatraz when Bart moons the US flag. (S)(R)
6.30 *Fraudcast News:* Reports of Mr Burns's death provoke a huge media storm. (S)(R)

9.00 Never Mind the Buzzcocks

6.55 The Office (US) *Moving On:* 16/25. Pam attends an interview for a job in Philadelphia. (S)(R)
7.35 *The Farm:* 17/25. Oscar attends the funeral of Dwight's Aunt Shirley at Schrute Farms. (S9) (S)(R)

8.00 Rob & Romesh vs Darts Comedians Rob Beckett and Romesh Ranganathan meet professionals including Luke Littler as they prepare to play a match at Alexandra Palace during the PDC World Darts Championship. (S)(R)(AD)

9.00 Never Mind the Buzzcocks Guests Bradley Simpson, Duncan James and Sam Campbell join Greg Davies Noel Fielding, Jamali Maddix and stand-in captain Perrie Edwards. (S)(R)(AD)

10.00 The Walking Dead: Dead City New episode *Bridge Partners Are Hard to Come by These Days:* 6/8. Maggie considers forming anew alliance. (S2) (S)
■ Entire series on Box Sets

11.00 **Curb Your Enthusiasm** 9/10. Larry struggles with the rules of Christmas tipping. (S)(R)
11.40 10/10. Larry alienates an influential food critic. (S3) (S)(R)
12.20 AM **The Force: Manchester** (R)
1.15 **Brit Cops: Frontline Crime UK** Documentary series. (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 22/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.30am** Scotcast (S)(R) **1.00** Weather for the Week Ahead (S) **1.05-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rookie Cops (S)(R) **11.10 FILM** Us (S)(AD) (2019, 15, 110min) ★★★★ **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Hardy Bucks Series finale (S) **10.25-10.30pm** The Chronicles of Armagh (S)(R)

WALES
Sky 968, Freesat 968
7.00-8.00pm NEW Eisteddfod with Huw Stephens (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Ffasiwn Drefn (AD) **1.30** Sioe Môn **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Prosiect Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Radio Fa'ma (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Gwladfa: Gwilym Bowen Rhys **8.55** Newyddion a'r Tywydd **9.00** Joe Allen: y Chwiban Olaf **10.00** Colli Cymru I'r Môr (AD) **11.00-11.35pm** Cartrefi Cymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** The Saxons exchange disgusting Christmas gifts. **7.30** A look at some Victorian teaching practices.
7.55 **The Catch Up**
8.00 **Top Gear** With *Breaking Bad* star Aaron Paul.
9.00 **Confessions of a Steroid Gang** 1/3. A look at how a north Wales father and son built a drug empire. **9.30** 2/3. Macaulay learns he has being short-changed. **10.00** 3/3. Andrew and Macaulay reunite, but the trust between them is broken.
10.30 **The TikTok Effect** Marianna Spring investigates evidence that unusual behaviour on TikTok has started spilling out into the real world.
11.25 **The Film Fan's Guide to Glasgow** Film locations.
11.35 **Starstruck** 3&4/6. (S1)
12.20 AM **Planet Sex with Cara Delevingne** Documentary.
1.05 **Dubai Hustle**
2.05 **My Mate's a Bad Date**
2.30 **to 4.00** AM **Confessions of a Steroid Gang**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Lincolnshire.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer come to the aid of Aneri and Nihar in Radlett, Hertfordshire.
6.55 **Grand Designs** Following the progress on a ship-themed home standing on stilts over a marsh.
7.55 **The Dog House** Patch the border collie displays an impressive array of tricks to try to convince horse groomer Megan that he is a smart choice for her.
9.00 **24 Hours in A&E** A lorry driver is sent for an urgent CT scan after falling onto a concrete floor and a man who has dislocated his shoulder in a cycling accident awaits treatment.
10.00 **24 Hours in A&E** A man is rushed to A&E after a motorcycle accident leaves him with a severe fracture to his leg and the medical team are concerned about a potential arterial bleed.
11.05 **Emergency Helicopter Medics** Documentary.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **FILM Grand Hotel** Vintage Hollywood drama starring Greta Garbo and John Barrymore. In a luxury hotel the lives of some of the guests become curiously entwined. (1932, b/w, U, 105min) ★★★★★
8.50 **Garbo, by Joan Crawford** A profile of Hollywood star Greta Garbo from 1969, narrated by Joan Crawford.
9.35 **FILM Casablanca** Classic romantic drama starring Humphrey Bogart and Ingrid Bergman. In wartime Casablanca, a cynical US bar owner comes face to face with the woman he once loved. (1942, b/w, U, 102min) ★★★★★
11.15 **FILM In the Heat of the Night** Oscar-winning thriller starring Sidney Poitier and Rod Steiger. (1967, 12, 109min) ★★★★★
1.00 AM **The Sky at Night**
1.30 **Art on the BBC: Monet – French Revolutionary**
2.30 **to 3.20** AM **Garbo, by Joan Crawford**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 4-7/23. (S2)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *Brake My Wife, Please:* Homer is banned from driving. **7.30** *Beware My Cheating Bart:* Bart falls in love.
8.00 **Below Deck Sailing Yacht** New edition A sweet 16 celebration gives Cloyce the chance to impress.
9.00 **Celebs Go Dating** New edition Liv heads out on her first date.
10.00 **First Dates** A post-grad student is paired with a Tom Hardy impersonator.
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Rick and Morty**
2.10 **Mike Tyson Mysteries** New episodes (S4)
2.35 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.15 **Young Sheldon**
5.00 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

primetime

primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 18/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 18/22. Remy and the team investigate the homicides of two army veterans. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 **FBI**

7 PM
7.00 Nothing to Declare A mystery bag contains a massive concealment. **7.30** A traveller tells officers a remarkable story.

8 PM
8.00 The Equalizer *Separated:* 8/18. McCall and Mel help a deported woman track down her son. (S2)

9 PM
9.00 FBI New episode *Trusted:* 2/22. The team investigate when a suburban couple are murdered. (S7)

10 PM
10.00 FBI: International New episode *The Other Hard Part:* 2/22. A US ambassador is taken hostage. (S4)
11.00 **Bull** 2/22. (S6)
12.00 M'T **Law & Order: Organized Crime** 3/13. (S4)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **True Blood** 9&10/10. (S3)
10.00 **Six Feet Under** 2&3/12. (S4)
12.05 PM **House of the Dragon**
1.20 **Babylon Berlin** 7&8/8. (S2)
3.30 **True Blood** 9/12. Eric is given permission to execute Russell.
4.40 10/12. Jessica is torn when Hoyt and Tommy fight for her affections. (S3)
5.40 **Six Feet Under** 2/12. Keith starts work as a bodyguard.
6.45 3/12. Nate and Maya make new friends at a parenting class. (S4)

11.25 **The Sopranos**

7 PM
7.50 House of the Dragon *The Red Sowing:* 7/8. As Rhaenyra looks to gain an advantage, and Daemon puts pressure on Oscar Tully to raise up his bannermen. (S2)

8 PM
8.00 The Gilded Age *My Mind Is Made Up:* 8/8. Bertha finalises the guest list for the ball, while Dr Kirkland makes a decision about his future with Peggy. (S3)

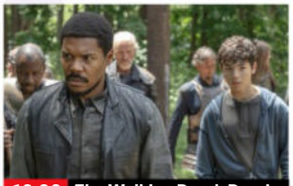
9 PM
9.00 The Gilded Age *My Mind Is Made Up:* 8/8. Bertha finalises the guest list for the ball, while Dr Kirkland makes a decision about his future with Peggy. (S3)
10.20 Julia *Omelette:* 1/8. Drama inspired by Julia Child's extraordinary life and her TV series. (S1)
11.25 **The Sopranos** 7/13. Tony reminisces about his own childhood. (S1)
12.30 AM **Dexter: New Blood** (S1)
1.35 **American Rust** 9/9. (S1)
2.40 **House of the Dragon** (S2)
4.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 17/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 14/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 22/22. (S5)
5.00 **SEAL Team** 13/22. Sonny becomes trapped in a submarine torpedo tube. (S2)
6.00 **Stargate Atlantis** 15/20. Sheppard and McKay discover a simulation they have played for a year is actually real. (S3)



10.00 **The Walking Dead: Dead...**

7 PM
7.00 Stargate Atlantis *The Ark:* 16/20. Sheppard and the team accidentally disturb a previously frozen race. (S3)

8 PM
8.00 Rob & Romesh vs Darts Rob and Romesh play a match at Alexandra Palace during the PDC World Darts Championship.

9 PM
9.00 Never Mind the Buzzcocks With Bradley Simpson, Duncan James, Sam Campbell and guest captain Perrie Edwards.

10 PM
10.00 The Walking Dead: Dead City New episode 6/8. Maggie considers forming an alliance. (S2)
■ Entire series on Box Sets
11.00 **FILM The Woman in Black: Angel of Death** Horror chiller sequel starring Helen McCrory and Jeremy Irvine. (2014, 15, 95min) ★★★
12.55 AM **The Force: Manchester**
1.45 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** 5/21. (S14)
4.00 **S.W.A.T.** 22/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Billie and Greg: Family Diaries**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.20 **Real Housewives of Salt...**
12.25 PM **Buying the View**
1.00 **Billie and Greg: Family Diaries**
2.00 **The Only Way Is Essex**
3.00 **The Bachelor Australia**
4.00 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

9.00 **Family Guy**

7 PM
7.00 Deal or No Deal Stephen Mulhern hosts as Elia tries to open the 22 red boxes in the right order for the chance to win big.

8 PM
8.00 The Bachelor Australia New edition Holly is invited on a romantic paddleboarding date with Jimmy and his dog Billie.

9 PM
9.00 Family Guy 13/20. Stewie investigates murders in Victorian London. **9.30** 14/20. The gang join the US Coast Guard. (S16)

10 PM
10.00 Family Guy 15/20. Brian learns to invest in the stock market. **10.30** 8/20. Meg takes up drinking. (S16)
11.00 **Family Guy** 10/20. (S16)
11.30 **American Dad!** 22/22. (S12)
12.05 AM **American Dad!** (S12)
12.35 **Bob's Burgers** 16/22. (S11)
1.00 **Karaoke Club: Drag Edition**
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.10 **The Royal** *Kiss and Tell.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *The House in the Woods:* A couple are found dead after viewing a supposedly haunted cottage.
5.50 **Heartbeat** *Small Beer:* An Aidensfield housewife is found dead and suspicion soon falls on her schoolboy son.

10.00 **Foyle's War**

7 PM
6.55 Heartbeat *Closing Ranks:* Greengrass goes grave robbing to retrieve a stuffed sheep that has mistakenly been buried.

8 PM
8.00 Vera *Death of a Family Man:* The detective investigates the death of a businessman who was working as an informant for HM Revenue and Customs offering information on his own company.

10 PM
10.00 Foyle's War *Elise:* When Hilda is targeted by an assassin, Foyle suspects that the shooting may be connected to a traitor.
11.50 **Trigger Point** 6/6. Sonya discovers a link to secret military operations in Afghanistan. (S1)
12.50 AM **Redemption** 5/6. Colette works a case that leads her to meet a friend of Stacey.
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Our Lives: Female Fishermen – Beyond the Buoys** Documentary.
8.00 **Beechgrove Garden** New edition A visit to a garden designed for the Chelsea Flower Show.
8.30 **Jules and Greg's Wild Swim** 1/6. Julie Wilson Nimmo and Greg Hemphill share their love of wild swimming.
9.00 **Facelift** 1/4. Behind the scenes of a Glasgow clinic carrying out cosmetic procedures.
10.00 **Two Doors Down** 1/6. The neighbours gather for a surprise party for Anne Marie. (S7)
10.30 **Edinburgh Unlocked** New edition With actor Eunice Olumide.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Scot Squad** 2/6. (S4)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S3)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.15 **Sex and the City** (S2)
12.25 PM **Girls** 3&4/10. (S4)
2.10 **The Office (US)** (S9)
3.10 **Sex and the City** (S2)
4.20 **Girls** 7&8/10. (S4)
5.30 **The Conners** (S2)
6.30 **The Office (US)** (S9)
7.45 **Sex and the City** 17/20. Carrie and Aleksandr bed down for a cold snap. **8.25** 18/20. Aleksandr meets the girls. (S6)
9.00 **Chris Ramsey: Live from London** Stand-up.
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **Curb Your Enthusiasm**
12.50 AM **Enlightened** (S2)
2.00 **And Just Like That...** Series finale 12/12. (S3)
2.45 **Somebody Somewhere**
3.50 **How to Make It in America** 5/8. (S2)
4.25 **to 5.00** AM **The Rehearsal**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Gods of the Game**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Landscape Artist of the Year National Trust Favourites**
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Directors**
10.00 **Classic Movies**
11.00 **The Art of Film with Ian Nathan**
12.00 M'T **Discovering**
1.30 AM **John Wayne: America at All Costs**
2.30 **Fellini by Fellini**
3.50 **Arts Uncovered**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 7/22. (S2)
8.00 **Star Trek: Deep Space Nine** 17/26. (S3)
9.00 **Britain's Most Evil Killers** Investigating the violent death of Mary McLaughlin.
10.00 **The Real Manhunter: Levi Bellfield**
12.00 M'T **Grimm** 15/22. (S5)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo**
10.00 **Tipping Point**
1.00 PM **Lingo**
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Married couple Mala and Michael and best friends Heather and Emily take part. **7.00** Sisters Carol and Joanie and couple Alisa and Joe take part.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, in which contestant Alana tries to open the 22 red boxes in the right order for the chance to win a life-changing prize.
9.00 **Tipping Point** Triple bill of the arcade-themed game show, in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Wheel of Fortune**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 4/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 21&22/22. (S2)
12.00 NOON **Highway to Heaven** 24/25. (S1)
1.00 PM **Father Dowling Mysteries** 9/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 3&4/20. (S9)
9.00 **FILM Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. The crew of the *Enterprise* set out to defend the population of a magical planet. (1998, PG, 105min) ★★★
11.15 **The Avengers** (S6)
12.15 AM **M*A*S*H** (S9)
1.15 **Airline USA**
1.55 **Hart to Hart** 17/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

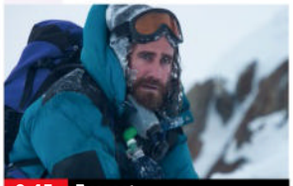
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **Kojak**
8.15 **Magnum, PI**
10.20 **Giant Lobster Hunters**
11.20 **The Memoirs of Sherlock Holmes** *The Dying Detective:* A man's death takes its toll on Holmes as he delves into the world of London's docklands.
12.25 PM **Kojak**
2.35 **Magnum, PI**
4.45 LIVE **Horse Racing: Racing League** Coverage of the fourth round of the season, which comes from Windsor.



9.45 Everest

LIVE Horse Racing: Racing League (started at 4.45pm)

8.15 **EFL Carabao Cup Highlights** First-round action, including Cardiff City v Swindon Town, Coventry City v Luton Town and Bolton Wanderers v Sheffield Wednesday.

9.45 FILM **Everest** Fact-based adventure starring Jason Clarke. Two expeditions set out to climb Everest, only to get caught in one of the fiercest snowstorms ever recorded. (2015, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM FILM **Killer Elite** Action thriller starring Jason Statham and Clive Owen. An ex-British mercenary is pitted against an elite team of assassins. (2011, 15, 112min) ★★
2.10 **The Protectors** (S2)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 4/20. (S1)
2.00 **Primeval** 5/7. (S2)
3.00 **Stargate Atlantis** 8/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine** 4/20. Odo is implicated in the murder of a Bajoran. (S1)
6.00 **Star Trek: Enterprise** 18/22. First of a two-part special set in a parallel universe. (S4)

10.00 Westworld

7.00 **Primeval** 5/7. Cutter and Stephen enter another dimension to rescue an 11-year-old girl from massive scorpions. (S2)

8.00 **Stargate Atlantis** *McKay and Mrs Miller:* 8/20. McKay's sister agrees to help the team on a top-secret project. (S3)

9.00 **The Leftovers** *Ten Thirteen:* 9/10. Meg suffers a personal loss and heads out on a pilgrimage to Miracle. (S2)

10.00 **Westworld** *Journey into Night:* 1/10. In the aftermath of Ford's party, the hosts hunt down the remaining humans. (S2)
11.20 **Westworld** 2/10. Dolores remembers that she has been in the outside world. (S2)
12.20 AM **The Walking Dead** 3/24. Maggie's mission team get separated and hunted by the Reapers. (S11)
1.10 **True Blood** 1&2/10. (S6)
3.05 **Primeval** 7/7. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 18/23. (S1)
11.00 **Hudson & Rex** 8/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 18/23. (S1)
5.00 **Hudson & Rex** 8/20. (S5)
6.00 **Father Brown** *The Forensic Nun:* The sleuth investigates when his old friend Sister Boniface is implicated in the murder of a renowned artist.

9.00 Annika

7.00 **Miss Scarlet and the Duke** *The Fugitive:* 6/6. Eliza is on the trail of a fugitive who is charged with murder. (S4)

8.00 **Death in Paradise** *Lost Identity:* 5/8. Humphrey's Aunt Mary gets caught up in an investigation. Guest stars Wendy Craig. (S5)

9.00 **Annika** 2/6. The team investigate when a body is discovered on a boat in the Clyde. (S1)

10.00 **Death in Paradise** *Tour de Murder:* 3/8. Jack suspects foul play when a cyclist is found dead during the Tour des Antilles race. (S9)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 9/14. Neal and Peter discover that agent Fowler has a corrupt judge in his pocket. (S1)
1.00 AM **Death in Paradise** As shown at 8.00pm.
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **Last of the Summer Wine**
10.15 **Are You Being Served?**
10.55 **Still Open All Hours**
11.35 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.50 **Still Open All Hours**
3.30 **Last of the Summer Wine**
4.50 **Are You Being Served?**
5.25 **Dad's Army**
6.05 **Still Open All Hours**
6.40 **Gavin & Stacey**

3.30 Last of the Summer Wine

7.20 **Gavin & Stacey** The Essex boys plan a big night out in Cardiff, and Stacey tells Gavin about a worrying discovery.

8.00 **Red Dwarf** Rimmer is taken prisoner by the creations of his own mind. **8.35** Rimmer forces the crew to spend 12 weeks in quarantine.

9.15 **Gavin & Stacey** Pete and Dawn prepare to renew their wedding vows. **9.55** Bank Holiday Monday sees the Essex mob arrive for a day at the beach in Barry.

10.35 **Not Going Out** Lee gets jealous when Lucy talks about her first love.
11.15 **The Office** The staff receive their annual appraisals.
11.55 **Gavin & Stacey**
1.15 AM **Not Going Out**
1.55 **The Office**
2.40 **Back to Life**
3.05 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Rick creates his version of a Greek Horta pie with foraged greens. **5.30** The seafood chef joins a team diving for razor clams.
6.00 **Hairy Bikers' Best of British** Popular food in the 1970s.

7.00 Would I Lie to You?

7.00 **Would I Lie to You?** With Katherine Parkinson, David O'Doherty, Louie Spence and Bill Turnbull. **7.40** **Richard Osman's House of Games** With Catherine Bohart and Meera Syal. **8.20** Contestants include Angela Barnes and Denise Van Outen.

9.00 **QI XL** Maisie Adam, Susan Calman and Josh Widdicombe join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Katherine Ryan hosts the satirical quiz, with guests Cariad Lloyd and Andy Hamilton.
11.00 **Taskmaster** Sian Gibson seeks to redefine the definition of 'bounce'.
12.00 M'T **Mock the Week** Unseen material and out-takes.
12.40 AM **Would I Lie to You?**
2.00 **I'll Get This** Double bill.
3.15 **to 4.00** AM **Mock the Week**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me** Five dinner parties from west London.
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** A loft conversion.
6.00 **A Place in the Sun**
7.00 **The Big Pound Shop Swap** Families swap their favourite supermarkets.
8.00 **Location, Location, Location** From London.
9.00 FILM **Lion** Fact-based drama starring Nicole Kidman and Dev Patel. (2016, PG) ★★★★
11.20 **Celebrity SAS: Who Dares Wins**
1.25 AM **Crime Scene Cleaners** Documentary.
2.25 **Our Tiny Islands**
3.25 **Kirstie and Phil's Love It or List It**
4.25 **to 4.55** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 6-8/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Toxic:* 21/25. A scientist goes missing. **7.00** *Legend – Part One:* 22/25. The agents travel to LA to work with another NCIS team. **8.00** *Legend – Part Two:* 23/25. Agent Callen poses as an arms trade contact. (S6)
9.00 **Blue Bloods** *Shadow of a Doubt:* 17/22. Jamie and Eddie suspect foul play when they respond to a distress call. (S7)
10.00 **Law & Order: Special Victims Unit** *Forty-One Witnesses:* 13/23. A woman is raped. (S17)
11.00 **Law & Order: Special Victims Unit** (S17)
12.00 M'T **The Resident**
1.55 AM **Person of Interest**
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A woman who collapsed at work needs to be urgently assessed.
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
1.20 PM FILM **McLintock!** Comedy Western. (1963, U, 127min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Martain Anderson races to the scene of a hit-and-run.
9.00 **Trucking Heavy: Massive Moves** New edition Crews haul a 63ft train track tamping machine from Glasgow to Stranraer.
10.00 **Extreme Tow Truckers**
11.00 **MacGyver** 9/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Tonight's Mystery Box challenge sees the contestants enter the kitchen to find the judges' four fridges.
8.00 **Inside the Ambulance** Crews help a child with signs of meningitis.
9.00 **One Born Every Minute** A father-to-be supports his wife through her hypno-birth.
10.00 **Multiple Birth Wards**
12.00 M'T **999 Rescue Squad**
1.00 AM **Who Killed Jenni Rivera?** Documentary.
1.55 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.30 **Doctors**
9.45 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **Tenko**
3.15 **The Doctor Blake Mysteries** 2/8. (S3)
4.15 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Marple** *The Murder at the Vicarage:* An unpopular colonel is found murdered.
10.00 **New Tricks** *The Rock – Part Two:* The team come closer to solving the Gibraltar murders.
11.20 **Spooks** 1/10. (S5)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Palm Beach.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** A search for items in the Lake District.
8.00 The Isle of Man.
9.00 **Help! My House Is Haunted** New edition Horse breeder Matt is being tormented by sinister paranormal activity at his 17th-century farmhouse.
10.00 **Paranormal: Caught on Camera** A shadow figure latches onto a first responder in Tennessee.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** A team of five from Holyhead take part.
7.00 Five university friends answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** Four episodes.
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Texas Rangers** Western with George Montgomery. (1951, U, 90min) ★★★
2.45 **FILM They Came to Cordura** Western starring Gary Cooper. (1959, PG, 123min) ★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM The Sand Pebbles** Action blockbuster starring Steve McQueen. (1966, 15, 193min) ★★
12.35 AM **FILM Saints and Soldiers: Airborne Creed** World War Two adventure starring Corbin Allred. (2012, 12, 93min) ★★
2.40 **Cops Uncut**
4.20 **to 5.00** AM **Air Rescue**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: Murder By Text** Mystery drama. (2017, PG, 90min) ★★
1.00 PM **FILM Retribution** Drama. (2012, PG) ★★
2.55 **FILM The Other Mother** Thriller. (2017, 12, 90min) ★★
5.00 **FILM Text to Kill** Drama. (2015, 12, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Cell** Sci-fi thriller. (2014, 15, 95min) ★★★
11.05 **FILM The House on the Hill** Thriller. (2019, 12, 115min) ★★
1.00 AM **FILM Amber Alert** Thriller drama. (2016, PG, 90min) ★★
3.00 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM Her Final Bow** Thriller. (2017, PG, 90min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM You Had Me at Aloha** Drama. (2021, PG, 90min) ★★
10.00 **FILM South Beach Love** Comedy. (2021, PG) ★★
12.05 PM **FILM Baked with a Kiss** Romantic comedy. (2022, PG, 115min) ★★
2.00 **FILM Recipe for Love** Comedy. (2014, PG) ★★
3.55 **FILM The Baker's Son** Fantasy. (2021, PG) ★★
6.00 **FILM Made for You, with Love** Romance. (2019, U, 120min) ★★
8.00 **FILM Seasoned With Love** Romantic comedy. (2021, PG, 115min) ★★
9.55 **FILM The Secret Ingredient** Comedy. (2020, PG, 90min) ★★
12.00 M'T **FILM A Slice of Chicago Romance** Drama. (2022, PG) ★★
2.05 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Recipe for Love** Comedy. (2014, PG, 90min) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 15/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **From Here to Eternity**
3.00 **Rewind and Remember**
3.30 **That's My Dog**
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 3/7. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of Breath** 3/7. (S1)
9.00 **Bramwell** 7/10. (S3)
10.00 **Game On** 3/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM Sasquatch** (1976, U, 95min) ★★
1.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig seeks revenge for his son-in-law's prank.
8.00 A US Coastguard chopper attempts a dangerous rescue.
9.00 **Expedition From Hell: The Lost Tapes** Mickey Grosman leads amateur explorers deep into the Amazon.
10.00 **Expedition Unknown** Josh Gates touches down in Normandy to investigate battles on land, air and sea.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **James Martin**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Maneet's Eats** New edition
9.30 **Nadiya's Fast Flavours**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 3/24. (S8)
9.00 **The Fall Guy** 2/22. (S3)
10.00 **Knight Rider** 16/22. (S4)
11.00 **FILM Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 90min) ★★
1.00 PM **FILM Gunsmoke: The Long Ride** Western. (1993, 15, 95min) ★★
3.00 **FILM The Pledge** Western with Luke Perry. (2008, PG, 90min) ★★★
5.00 **Star Trek** 17/24. (S3)
6.00 **Knight Rider** 17/22. (S4)
7.00 **The Fall Guy** 3/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Robin Hood: The Rebellion** Adventure. (2018, 12, 92min) ★
10.55 **FILM Revenge** Thriller. with Matilda Lutz (2017, 18, 108min) ★★★★
1.00 AM **FILM Vengeance: A Love Story** Thriller. (2017, 15, 99min) ★★
2.55 **to 5.00** AM **FILM Cold Skin** Fantasy horror. (2017, 15, 108min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM 7 Guardians of the Tomb** As 5.00pm.
8.00 **FILM Biggles: Adventure in Time** Time travel adventure. (1986, PG, 108min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 90min) ★
1.00 PM **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 18/23. (S4)
5.00 **FILM 7 Guardians of the Tomb** Sci-fi. (2018, 12, 90min) ★★
7.00 **Andromeda** 1/22. (S1)
8.00 **The A-Team** 19/23. (S4)
9.00 **FILM Deepstar Six** Monster chiller. (1988, 15, 100min) ★★
11.00 **FILM Split Second** Futuristic horror thriller. (1991, 18, 90min) ★
1.00 **to 3.00** AM **FILM Deepstar Six** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Stoke-on-Trent.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Evidence of the Unexplained**
11.10 **Weird or What? with William Shatner**
12.10 PM **The Best of MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **UFO Encounters UK**
11.00 **UFOs: Lost Evidence**
1.00 AM **Evidence of the...**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** The Philippines.
12.00 NOON **Yorkshire: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **Britain's Greatest Bridges** Documentary.
6.00 **Holyrood House: Upstairs, Downstairs**
7.00 **Secrets of the Royal Palaces** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Panama.
9.00 **Meghan & Harry: Where Did the Money Go?** Documentary.
10.30 **Prince Andrew: Where Did All the Money Go?**
12.00 M'T **Autopsy**
1.00 AM **When Theme Parks Go Horribly Wrong**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun** A 500-year-old farmhouse in France.
9.00 An abandoned Spanish cave in Galera.
10.00 **Fixer to Fabulous: Italiano** Renovating a centuries-old Italian villa.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **1000-lb Sisters**
3.00 **Body Bizarre**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing** (S6)
11.00 **Everybody Loves Raymond** (S5)
1.00 PM **Friends** (S7&8)
7.30 **Friends** 4/24. Ross and Rachel argue about why they slept together.
8.00 5/24. Ross learns that Rachel has a date.
8.30 6/24. Phoebe is attracted to her twin sister's fiancé. (S8)
9.00 **Kevin Bridges Live in Glasgow** The comedian performs at the SECC.
10.05 **South Park** (S4&5)
12.35 AM **Russell Howard: Live at the London Palladium**
1.35 **CC Live: Stand Up Shorts**
2.05 **Broad City** (S3)
3.05 **Stupid Central**
3.55 **Important Things with Demetri Martin**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 11 &12/13. (S3)
11.00 **Friends** 16-19/24. (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** (S3&4)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S6)
7.00 **Everybody Loves Raymond** (S5)
9.00 **New Girl** 13&14/22. Double bill. (S6)
10.00 **Friends** 3-8/24. (S7)
1.00 AM **Beavis and Butt-Head** (S6&7)
2.00 **Key & Peele**
3.00 **Jimmy Carr: Comedy Central Live**
3.20 **Jimmy Carr: Comedy Central Live 2**
3.45 **Ed Byrne: Spoiler Alert**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense**
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure**
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Blood & Treasure** (S1)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Loch Ness to London**
2.00 **Duck Quacks Don't Echo** With Alex Jones.
3.00 **Road Wars**
4.00 **Celebrity Four...**
5.00 **to 6.00** AM **Sixth Sense**

MTV

126/127 137 134 351 366

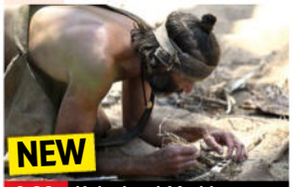
6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: Next Chapter**
8.00 **Catfish: The TV Show**
10.00 **Catfish: Models**
11.00 **Catfish: Scammed**
12.00 NOON **Catfish: Worst Offenders** Reality series.
1.00 PM **Catfish: Scammed**
2.00 **Catfish: The TV Show**
3.00 **Catfish: Teams**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Laguna Beach: The Real Orange County**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition
11.00 **The Challenge: Vets & New Threats** New edition
12.30 AM **Love & Hip Hop: Atlanta** New edition
1.30 **Ink Master**
3.10 **to 4.00** AM **Caught in the Act: Unfaithful**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker makes a purchase that shocks the team. **4.00** Rick gambles all his profits on a risky cut.
5.00 **Building Off the Grid** A man needs to finish his tricky build.
6.00 **Baggage Battles** A vintage bomb detonator is tested. **6.30** An estate auction in Jacksonville, Florida.



9.00 Naked and Afraid...

7.00 **Wheeler Dealers World Tour** Mike and Elvis hunt for Australia's favourite pick up, the Hilux.

8.00 **Roadworthy Rescues** Derek locates an AMC Rebel SST convertible at the last AMC dealership in Pikeville, North Carolina.

9.00 **NEW SERIES Naked and Afraid: Last One Standing** Survivalists battle the Australian outback for one month.

10.00 **Ed Stafford: Man Woman Child Wild** Ed Stafford takes his wife and their two-year-old son on an epic adventure.

11.00 **Buying Alaska** Double bill.
12.00 M'T **Moonshiners**
1.00 AM **Naked and Afraid: Last One Standing**
2.00 **Ed Stafford: Man Woman Child Wild** As 10.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary series.
9.00 **Bad Dog!** A canine thief.
10.00 **Tanked** San Francisco Giants.
11.00 **Animal Cops Houston**
12.00 NOON **Animal Cops Philadelphia** Documentary.
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** Investigating a situation involving stray bullets.
6.00 **Dr Jeff: Rocky Mountain Vet** A pitbull fights for its life after being bitten by a rattlesnake.

10.00 Alaskan Bush People

7.00 **Treehouse Masters** Pete Nelson takes a tour of the USA to visit a few spectacular treehouses.

8.00 **Alaska: Surviving the Last Frontier** The groups leave their cabins to hike to the plane that will return them to civilisation.

9.00 **Alaska: The Last Frontier** Otto and Eivin prepare to transport wild buffalo on their barge.

10.00 **Alaskan Bush People** Bear stays in the woods overnight after learning some life-changing news.

11.00 **Pit Bulls & Parolees** Tia and Sugar rescue a stray.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **Animal Cops Houston**
4.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Airport Security: Rome**
2.00 PM **Nazi Megastructures: Battle Ready** Double bill.
4.00 **Disaster Autopsy** The Grenfell Tower blaze and the space shuttle Columbia.
5.00 **Car S.O.S** The boys take on a 1963 Citroën HY Van.
6.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe.

10.00 Lawless Island

7.00 **Air Crash Investigation** The case of a plane that crashed into a Sao Paulo neighbourhood.

8.00 **Inside Airport Lost & Found** New edition The journeys of items misplaced at airports.

9.00 **Car S.O.S.** Tim Shaw and Fuzz Townshend secretly restore an Aston Martin DB6 for its owner who has health problems.

10.00 **Lawless Island** New edition Documentary following a group of people living in a remote Alaskan community.

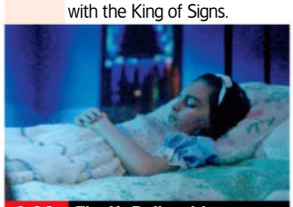
11.00 **Air Crash Investigation** A cargo plane crashes.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** A paper factory.
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Alone** As 10pm & 11pm.
3.00 **Combat Trains** Double bill.
5.00 **Contraband: Seized at Sea** Agents intercept a boat carrying migrants, but disaster strikes when the boat starts to sink.
6.00 **American Pickers** The Wolfe brothers come face-to-face with the King of Signs.



9.00 The UnBelievable

7.00 **Forged in Fire** The competitors forge a blade utilising metal sourced from household items.

8.00 **Swamp People: Serpent Invasion** New edition The King of the Swamp launches a contest to catch the biggest python.

9.00 **The UnBelievable with Dan Aykroyd** New edition A family with blue skin, a person who can't touch water and an epidemic.

10.00 **Alone** New edition A look back at some dangerous and iconic moments from the survival challenge.

11.00 **Alone** New edition Dug North showcases his bushcraft, wilderness and survival skills.
12.00 M'T **Evil Encounters** Malevolent forest creatures.
12.55 AM **The Proof Is Out There**
1.50 **The UnBelievable with Dan Aykroyd** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War** The inhabitants of a ghetto fight back in the Warsaw Uprising.
5.00 **War Factories** How Stalin's massive war factories were dismantled and moved east.
6.00 **Antiques Roadshow** From RAF Marham in Norfolk.

8.00 Bangers & Cash

7.00 **Mediterranean with Simon Reeve** The journey concludes in Morocco, Spain, Corsica and the French Riviera.

8.00 **Bangers & Cash** New edition Dave heads to Nottinghamshire to pick up a 2 litre Ghia Cortina, alongside a Mark 1 Capri.

9.00 **Classic Car Kings** Irv and the team update a 1977 Daimler Sovereign Coupe giving it a slick, modern makeover.

10.00 **Bangers & Cash** Derek picks up a couple of unusual vehicles – a red 1970 Opel GT and a 1956 Ford Hot Rod pickup.

11.00 **Billy Connolly Does...** The Scottish comic revels in his own and others' bad behaviour.
12.00 M'T **Bangers & Cash: Restoring Classics** A sun-bleached Vauxhall Astra GTE.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Salvage Hunters: Georgian House Restoration**
9.00 **Salvage Hunters** New edition Incredible collectors who have unusual treasures.
10.00 **Secret Life of the Auction House** New edition A Victorian vampire slaying kit goes under the hammer.
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Real-life cases.
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition A man reveals his secret life.
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime series.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A brutal murder shakes millionaire row in a Texas resort town.
8.00 **Donal MacIntyre's UK Killer Evidence** Police look to identify and apprehend the perpetrator when a man is brutally stabbed.
9.00 **To Catch a Killer** A student goes missing after an exam on campus.
10.00 **It Takes a Killer** A mother moonlighting as an escort disappears from Western Colorado. **10.30** A widower is killed inside his home.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Evidence of Evil**
4.00 **Medical Detectives** A victim is unsuspectingly poisoned with arsenic. **4.30** Investigators use a reconstructive process to bring a killer to justice. **5.00** A psychiatrist helps distinguish fact from fiction after a woman's husband is shot dead. **5.30** Vital clues are gleaned from the body of a 16-year-old girl. **6.00** A young woman falls from a cliff to her death, but photographs reveal a sinister truth. **6.30** A young woman's investigation into the disappearance of her mother uncovers a secret.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Killing Mum and Dad**
1.00 AM **Murders That...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Wrecks That Changed the World**
9.35 **Besieged Fortresses, Legendary Battles**
10.50 **Inside Japan's War**
11.55 **Henry VIII and the King's Men**
1.00 PM **Children of Chaos**
2.10 **Wrecks That Changed the World**
3.15 **Besieged Fortresses...**
4.20 **Inside Japan's War**
5.35 **Henry VIII and the King's Men**
6.35 **Wrecks That Changed the World**
7.35 **Besieged Fortresses, Legendary Battles** Series finale Focusing on the Battle of Alesia.
8.40 **Inside Japan's War**
9.50 **Henry VIII and the King's Men**
10.50 **Besieged Fortresses...**
12.00 M'T **Inside Japan's War**
1.10 **to 2.00** AM **America the Bountiful**

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Ronald Colman**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Juan Carlos: Downfall of the King** As shown at 7.00pm.
11.00 **David Frost Vs**
12.00 NOON **Rise of the Superheroes**
2.10 PM **Steve McQueen: The Lost Movie** Documentary.
4.00 **Discovering: Ronald Colman**
5.00 **The Directors**
6.00 **The Sixties**
7.00 **Juan Carlos: Downfall of the King** 4/4. Juan Carlos abdicates and flees into exile.
8.00 **Bobby Robson: More Than a Manager** Documentary exploring the career of the former football manager.
10.00 **100 Foot Wave** 4/6. Nazare's largest swell to date paves the way for a broken record.
11.00 **Wise Guy: David Chase and The Sopranos** 1&2/2.
2.00 AM **Everton: Howard's Way**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Ronald Colman**

Sky Nature

145 113/114 189 354 369

6.00 AM **My Wild Cats**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **America's Wild Seasons**
10.00 **Brazil Untamed**
11.00 **Big Cats Small World**
12.00 NOON **Wild Rockies**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **America's Wild Seasons**
4.00 **Brazil Untamed**
5.00 **Island of the Monsoon**
6.00 **Wild Rockies**
7.00 **Monkey Life** Double bill.
8.00 **Great Parks of Africa**
9.00 **Arctic from Above** Liz Bonnin comes face to face with caribou.
10.00 **Wild Rockies** The balance between growth and destruction in the forest.
11.00 **Island of the Monsoon**
12.00 M'T **Big Cats Small World**
1.00 AM **Wild Castles**
2.00 **Great Parks of Africa**
3.00 **Arctic from Above**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **America's Wild Seasons**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Greatest Heists with Pierce Brosnan**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Secret Societies: In the Shadows**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?**
8.00 **History's Greatest Mysteries** The assassination of JFK.
9.00 **Secrets of the Hells Angels** The murder of Margo Compton and her six-year-old daughters.
10.00 **Life After People**
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Alien Files: Unsealed**
3.00 **Battle 360**
4.00 **Secret Societies: In the Shadows**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder By Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **The First 48** New edition The shooting of a father leads investigators on a manhunt.
10.00 **Interrogation Raw** New edition A body is discovered in a bin.
11.00 **Homicide Hunter**
12.00 M'T **Murder By Medic**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Secrets of the Morgue**
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Croatia's Coast**
3.00 **Pond Stars**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A flock of flamingos flutter to their pasture.
8.00 **Wild Australia: Fierce Families, Tough Terrain** Animals in Australia that work together as families to survive.
9.00 **Big Sur: Wild California** An explosion in wildlife on California's Big Sur coastline.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** A search for the elusive short-tailed river stingray.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Nostradamus: The Truth**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts explore how close the Earth has come to destruction.
8.00 **Nostradamus: The Truth** A fresh look at the accuracy of Nostradamus' predictions.
9.00 **Secrets Underground** A looming threat beneath the Italian city of Naples.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** Focusing on the 1989 murder of Rebecca Schaeffer.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Six editions.
7.00 **The Architecture the Railways Built** Tim Dunn visits Sheffield station, which has been reinvented for the 21st century. **8.00** Tim goes behind the scenes at Bristol Temple Meads. **9.00** Tim is in Windsor to hear the story of how two rail companies fought to be first to get to Queen Victoria. **10.00** Tim is in London exploring the striking stations of the Piccadilly Line's northern extension. He also takes a look at Causey Arch in Co Durham. **11.00** How an abandoned Victorian railway tunnel in Northamptonshire is being transformed into a racetrack. **11.55** Tim explores the last working roundhouse in the UK – Barrow Hill in Derbyshire.
12.55 **to 6.00** AM **The Architecture the Railways Built**

+1hour 266 376

ID

154 141 166

8.00 AM **Never Say Goodbye**
9.00 **The 1980s: The Deadliest Decade** Double bill.
11.00 **Caught in the Net**
1.00 PM **Murder Under the Friday Night Lights** Double bill.
3.00 **Homicide City: Charlotte**
5.00 **Love, Honor, Betray**
7.00 **I Am Homicide** A case in which a female professional vanished. Her family and friends were baffled until two weeks later when a body was found by a road in another county. **8.00** The case of a young mother ambushed and shot dead in her driveway. Detective Garry McFadden's key witness was her three-year-old son, who gave the officer a cryptic but crucial clue.
9.00 **How (Not) to Get Rid of a Body** Documentary.
10.00 **Road Rage** Double bill.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Hear No Evil**
2.00 AM **Love, Honor, Betray**
4.00 **to 6.00** AM **I Am Homicide**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Engine Addict with Jimmy...**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Engine Addict with Jimmy...**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop** The Cogs restore a car in front of a live audience.
10.00 **Engine Addict with Jimmy de Ville** Jimmy heads to Sweden.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

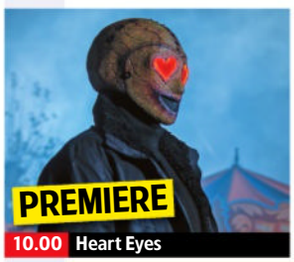
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **The Thicket** As 3.35am.
8.15 **The Sloth Lane** As 5.25am.
9.50 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
11.25 **Sonic the Hedgehog 3** (2024)
1.25 PM **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
3.25 **Wicked** Musical fantasy adventure with Cynthia Erivo. (2024, PG, 160min) ★★★★
6.10 **Long Gone Heroes** Thriller starring Eden Brolin and Andy Garcia. (2024, 15, 101min)



10.00 Heart Eyes

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 PREMIERE Heart Eyes Horror comedy starring Mason Gooding and Olivia Holt. A serial killer targets romantic partners on Valentine's Day. (2025, 15, 97min) ★★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
1.55 AM **Gator Creek** Horror thriller. (2025, 15, 87min) ★
3.35 **The Thicket** Western. (2024, 15, 108min) ★★★
5.25 **to 7.00** AM **The Sloth Lane** Animated family adventure. (2024, PG, 90min)

Sky Cinema Hits

303 303 403 503 517

7.00 AM **Star Trek: Nemesis** Sci-fi. (2002, 12, 116min) ★★★
9.05 **Star Trek Into Darkness** Sci-fi. (2013, 12, 132min) ★★★★
11.25 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
1.20 PM **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
3.50 **Split** M Night Shyamalan's thriller. (2016, 15, 117min) ★★★
6.00 **Tropic Thunder** Spoof war movie starring Ben Stiller. (2008, 15, 107min) ★★★★

6.00 Tropic Thunder

8.00 Bad Boys for Life Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 The Firm Legal thriller based on John Grisham's novel, starring Tom Cruise and Gene Hackman. An ambitious graduate joins a small Memphis law firm and discovers he is working for the Mafia. (1993, 15, 155min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Karate Kid** Martial arts adventure. (1984, 12, 127min) ★★★★
2.50 **The Purge: Election Year** Horror sequel starring Frank Grillo. (2016, 15, 108min) ★★★
4.45 **to 7.00** AM **This Is 40** Comedy. (2012, 15, 135min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **The Shamrock Spitfire**
8.15 **Speak Like a Child** As 6.25pm.
9.50 **Miranda's Victim** As 12.05am.
12.10 PM **Freud's Last Session** (2023)
2.10 **The Man Who Shot Liberty Valance** John Ford Western. (1962, b/w, U, 122min) ★★★★★
4.25 **The Shamrock Spitfire** Biopic. (2024, 12, 108min) ★★★
6.25 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★

8.00 The Sons of Katie Elder Western starring John Wayne, Dean Martin, Michael Anderson Jr and Earl Holliman. Four brothers return to their Texas hometown to find their father's killers. (1965, U, 122min) ★★★
10.05 **Freud's Last Session** Drama starring Anthony Hopkins and Matthew Goode. Sigmund Freud invites a young CS Lewis to debate the existence of God. With Liv Lisa Fries and Jodi Balfour. (2023, 12, 109min) ★★

12.05 AM **Miranda's Victim** Drama starring Abigail Breslin. (2023, 15, 127min) ★★★
2.15 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
4.05 **Sky Cinema Preview**
5.05 **to 6.55** AM **Manodrome** Thriller. (2023, 15, 96min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.00 AM **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
8.50 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
10.45 **47 Metres Down** Horror. (2017, 15, 89min) ★★★
12.20 PM **Star Trek IV: The Voyage Home** As shown at 10.25pm.
2.25 **Terminator Salvation** Thriller sequel. (2009, 12, 110min) ★★★

4.25 The Ring Two Horror sequel. (2004, 15, 110min) ★★★
6.15 **Men in Black** Sci-fi action comedy starring Will Smith. (1997, PG, 94min) ★★★★
8.00 **Ready Player One** Steven Spielberg's fantasy adventure starring Tye Sheridan, Olivia Cooke and Ben Mendelsohn. (2018, 12, 140min) ★★★★
10.25 **Star Trek IV: The Voyage Home** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1986, PG, 119min) ★★★★

12.30 AM **I.S.S** Sci-fi drama starring Ariana DeBose and Chris Messina. (2023, 15, 95min) ★★★
2.15 **Riddick** Sci-fi thriller sequel starring Vin Diesel and Jordi Mollà. (2013, 15, 122min) ★★★
4.20 **to 6.05** AM **Aeon Flux** Sci-fi thriller. (2005, 15, 93min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **A Tiger's Journey** (2023)
7.55 **Jackie Chan's The Tuxedo**
9.40 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
11.20 **Cats & Dogs** (2001, PG) ★★★
12.55 PM **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
2.30 **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
4.25 **Journey to the Center of the Earth** (2008, PG) ★★
6.00 **Journey 2: The Mysterious Island** (2012, PG) ★★★

9.25 Finding Neverland

7.40 The Spiderwick Chronicles Children's fantasy adventure starring Freddie Highmore and Nick Nolte. (2008, PG, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 Finding Neverland Drama starring Johnny Depp and Kate Winslet. In turn-of-the-20th century London, playwright JM Barrie's friendship with four fatherless boys and their widowed mother inspires the creation of his most famous work – *Peter Pan*. (2004, PG, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The NeverEnding Story** Fantasy. (1984, U, 94min) ★★★
12.55 AM **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
2.45 **Blueback** Family drama. (2022, PG, 102min) ★★★
4.40 **to 6.35** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 307 407 507 521

6.35 AM **Iron Monkey** As 3.25am.
8.10 **Rear Window** Vintage thriller. (1954, PG, 112min) ★★★★★
10.10 **Vendetta** (2022, 15) ★★
11.50 **Robin Hood: Prince of Thieves** (1991, PG) ★★
2.15 PM **The Mummy: Tomb of the Dragon Emperor** Adventure. (2008, 12, 112min) ★★★
4.10 **Snow White and the Huntsman** (2012, 12) ★★★
6.20 **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★

6.20 Charlie's Angels

8.00 Charlie's Angels: Full Throttle Comedy thriller sequel starring Cameron Diaz, Drew Barrymore and Lucy Liu. The Angels attempt to retrieve two silver rings containing top-secret information. (2003, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Crank** Action thriller starring Jason Statham. (2006, 18, 88min) ★★★★
1.35 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
3.25 **Iron Monkey** Action thriller. (1993, 12, 90min) ★★★
5.00 **to 7.15** AM **Once Upon a Time in China** Adventure. (1991, 15, 120min) ★★★★★

Sky Cinema Comedy

308 308 408 508 522

7.50 AM **Bowfinger** As 4.50pm.
9.30 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
11.20 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
1.05 PM **Galaxy Quest** Sci-fi comedy starring Tim Allen. (1999, PG, 102min) ★★★★
2.55 **The Death of Stalin** (2017)
4.50 **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
6.30 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★

8.00 Mamma Mia!

8.00 Mamma Mia! Musical starring Meryl Streep and Amanda Seyfried. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Mamma Mia! Here We Go Again Musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Death of Stalin** Armando Iannucci's satire. (2017, 15, 106min) ★★★★
2.00 **Dinner for Schmucks** Comedy. (2010, 12, 113min) ★★★
4.05 **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
5.45 **to 7.40** AM **Kingpin** Comedy. (1996, 12, 114min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **He Went That Way** (2023)
8.00 **The Independent** As 4.15pm.
9.55 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
12.15 PM **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★
2.30 **He Went That Way** Crime drama. (2023, 15, 96min) ★★★
4.15 **The Independent** Drama. (2022, 12, 108min) ★★★
6.10 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★

6.10 Trap

8.00 Ocean's Eleven Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia, Matt Damon and Elliott Gould. Charismatic thief Danny Ocean recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Sum of All Fears Action thriller based on the novel by Tom Clancy, starring Ben Affleck and Morgan Freeman. (2002, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Detroit** Fact-based drama set during the 1967 Detroit riots, starring John Boyega. (2017, 15, 143min) ★★★★
2.50 **Along Came a Spider** Thriller starring Morgan Freeman. (2001, 15, 103min) ★★★
4.40 **to 6.20** AM **Parallel** Fantasy starring Danielle Deadwyler. (2024, 15, 88min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ferdinand** Animation. (2017, U, 102min) ★★★
1.15 PM **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
3.25 **Father Goose** Comedy with Cary Grant and Leslie Caron. (1964, U, 116min) ★★★
5.45 **Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★

9.00 Mission: Impossible

Transformers: Dark of the Moon (film started at 5.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Mission: Impossible – Dead Reckoning Part One Action thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. (2023, 12, 163min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Locke** Thriller starring Tom Hardy. A man facing the biggest challenge of his career finds his life unravelling over the course of one car journey after a single fateful decision. (2013, 15, 85min) ★★★★
2.00 **to 4.00** AM **Falcon Lake** Romantic drama starring Joseph Engel. Partly subtitled. (2022, 15, 100min) ★★★

8 PM
9 PM
10 PM
11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.00 AM **Gorillas in the Mist** (1988)
8.15 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
10.00 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
12.50 PM **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★
3.20 **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
6.00 **One Life** Fact-based drama. (2023, 12, 105min) ★★★★

8.00 **Lee** Biopic starring Kate Winslet as World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. With Andy Samberg. (2023, 15, 117min) ★★★
10.00 **Lost in Translation** Bittersweet romantic comedy drama written and directed by Sofia Coppola, starring Bill Murray and Scarlett Johansson. A Hollywood actor and a young woman strike up a friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★

11.45 **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
2.10 AM **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
4.15 **to 6.30** AM **Gorillas in the Mist** Fact-based drama. (1988, 12, 124min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Congo** Jungle adventure. (1995, 12, 108min) ★★★
8.15 **Footloose** As shown at 4.15pm.
10.05 **Raiders of the Lost Ark** Adventure. (1981, PG) ★★★★★
12.05 PM **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
2.05 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★

4.15 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
6.05 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
8.00 **Funny Face** Romantic musical starring Fred Astaire and Audrey Hepburn. A fashion photographer falls for a model while working in Paris. (1956, U, 103min) ★★★★
9.45 **'About Last Night...'** Comedy drama starring Rob Lowe, Demi Moore and Elizabeth Perkins. (1986, 18, 113min) ★

11.40 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
1.50 AM **Star Trek: First Contact** Sci-fi. (1996, 12, 110min) ★★★★
3.45 **Star Trek II: The Wrath of Khan** Sci-fi. (1982, 12, 113min) ★★★★
5.40 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Migration** Animated comedy. (2023, U, 83min) ★★★
7.55 **Despicable Me 2** As 2.20pm.
9.35 **Monster House** Animation. (2006, PG, 91min) ★★★★
11.10 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
12.45 PM **Smurfs: The Lost Village** Animation. (2017, U, 87min) ★★★
2.20 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★

4.00 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.45 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
7.15 **Barnyard** Animated family comedy. (2006, PG, 90min) ★
8.50 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
10.20 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
12.15 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★

1.40 **Monster House** As 9.35am.
3.15 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animated adventure. (2015, U, 49min) ★★★
4.15 **to 6.00** AM **Mavka: The Forest Song** Animated adventure. (2023, PG, 99min) ★★

Movies 24

312 313 419

7.00 AM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
9.00 **Been There All Along** Drama. (2023, PG, 89min) ★★
11.00 **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★
1.00 PM **Blind Date Book Club** Romantic drama starring Erin Krakow. (2024, PG, 90min) ★★
3.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

5.00 **Made for Each Other** Romantic fantasy. (2023, PG, 84min) ★★
7.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
9.00 **Wedding of a Lifetime** Romantic comedy starring Jonathan Bennett and Brooke D'Orsay. A couple who have decided to go their separate ways are nominated by their families for a TV wedding contest. (2022, PG, 84min) ★★
11.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★

1.00 AM **Junebug** Fantasy starring Autumn Reeser and Mila Jones. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.30 **Her Favourite Husband** Crime comedy starring Jean Kent. (1950, b/w, PG, 75min) ★★★
8.10 **Devil Girl from Mars** Sci-fi drama. (1954, b/w, PG, 76min) ★
9.45 **The Arsenal Stadium Mystery** Thriller starring Leslie Banks. (1939, b/w, PG, 85min) ★★★
11.25 **The Hasty Heart** Wartime drama. (1949, b/w, U, 107min) ★★★★★

1.30 PM **Hidden Homicide** Murder mystery starring Griffith Jones. (1959, b/w, U, 70min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **Look at Life: A Year for a Day**
4.45 **The Long Duel** Adventure. (1967, U, 115min) ★★★
7.00 **Miss MacTaggart Won't Lie Down** Short comedy.
7.30 **The Cheaters** 11/27. (S2)
8.00 **The Brothers** 9/16. (S7)
9.05 **The Story of Esther Costello** Drama starring Joan Crawford. (1957, b/w, PG, 103min) ★★

11.10 **The Last Man on Earth** Post-apocalyptic sci-fi horror. (1964, b/w, PG, 86min) ★★★★
12.55 AM **Black Velvet Band** Drama.
3.00 **High Tide** Mystery thriller. (1980, PG, 98min) ★★★
4.50 **The Danziger Studios Story**
5.55 **to 6.00** AM **Cinebox Memories**

THURSDAY Sport 14 August

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast** A look at the latest headlines and reports.
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
- 2.45 PM **LIVE The Hundred London Spirit v Trent Rockets.** Coverage of the women's match from Lord's. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred London Spirit v Trent Rockets.** Coverage of the men's match from Lord's. Start-time **6.30pm**.
- 9.30 **LIVE PGA Tour Golf** Coverage of the opening day of the BMW Championship, the second tournament in the FedExCup Playoffs, which is being held at Caves Valley Golf Club in Maryland.
- 11.00 **Sky Sports News**
- 12.00 M'T **LIVE WTA & ATP Tennis** Coverage of day eight of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Legends**
- 8.00 **Premier League 100 Club**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** The 2014/15 season.
- 3.00 **PL Retro** Another chance to see Chelsea v Wigan Athletic from the 2009/10 season.
- 5.00 **Transfer 360** Double bill.
- 6.00 **The Big Interview**
- 6.30 **Premier League Stories** A look at the rich legacy of Liverpool's managerial transitions.
- 7.00 **The Transfer Show** An analysis of the latest transfer news.
- 8.00 **The Big Interview**
- 8.30 **Premier League Stories** The rich legacy of Liverpool's managerial transitions.
- 9.00 **Premier League Years** A look back at the 2024/25 season.
- **11.00** Memorable moments from the 2015/16 season.
- 1.00 AM **PL Retro** Sheffield United v Wigan Athletic from 2007.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **EFL** Highlights of play-off finals from 2022/23.
- 9.00 **EFL Greatest Games**
- 10.00 **Championship Retro**
- 12.00 NOON **EFL Cup**
- 2.00 PM **EFL** Highlights of play-off finals from 2014/15.
- 5.00 **EFL Greatest Games**
- 5.30 **EFL Cup Highlights**
- 7.00 **EFL League One Goals**
- 7.30 **EFL League Two Goals**
- 8.00 **SPFL Round-Up**
- 8.15 **SPFL Highlights**
- 8.30 **EFL Highlights**
- 9.00 **EFL Cup Highlights**
- 10.00 **SPFL Round-Up**
- 10.15 **SPFL Highlights**
- 10.30 **EFL Highlights**
- 11.00 **EFL Greatest Games**
- 12.00 M'T **Craig Brown: My Scotland**
- 12.30 AM **Best Scottish Premiership Goals 2024/25**
- 1.00 **SPFL: Edinburgh Derby Best Goals** Memorable strikes.
- 1.30 **SPFL Highlights**
- 4.00 **SPFL: Old Firm Derby Best Goals** Memorable strikes.
- 4.30 **SPFL: Edinburgh Derby Best Goals** Memorable strikes.
- 5.00 **to 6.00** AM **SPFL Special: Celtic's Invincibles**

Sky Sports Cricket

405 405 514 504 422 442

- 6.00 AM **The Hundred** Recent action.
- 9.15 **The Hundred Bitesize**
- 10.00 **The Hundred** Welsh Fire Men v Manchester Originals Men.
- 1.30 PM **The Hundred Bitesize**
- 2.45 **LIVE The Hundred London Spirit v Trent Rockets.** Coverage of the women's match from Lord's. The Rockets won by 31 runs when these teams met at Trent Bridge last season, but the Spirit went on to win the title, while their opponents missed out on the play-offs. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred London Spirit v Trent Rockets.** Coverage of tonight's men's match from Lord's. The Rockets claimed a 22-win home win when the teams met last year. However, it was a miserable season for the Spirit, which saw them claim just one win, while the Rockets also eventually missed out on the play-offs. Start-time **6.30pm**.
- 9.30 **The Hundred Bitesize**
- 10.15 **The Hundred** Recent action.
- 1.30 AM **The Hundred Bitesize**
- 2.00 **The Hundred** Recent action.
- 5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

- 6.00 AM **PGA Tour: The Cut**
- 6.30 **PGA Tour Champions**
- 7.30 **PGA Tour Golf**
- 8.30 **Legends Tour Golf**
- 9.30 **Ladies European Tour Golf**
- 10.30 **DP World Tour Golf**
- 11.00 **HotelPlanner Tour Golf**
- 11.30 **My Ryder Cup**
- 12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
- 5.00 PM **LIVE PGA Tour Golf** Coverage of the opening day of the BMW Championship, held at Caves Valley Golf Club in Maryland.
- 11.00 **PGA Tour Champions**
- 12.00 M'T **Ladies European Tour Golf**
- 1.00 AM **PGA Tour Learning Centre**
- 1.30 **Countdown to the Ryder Cup**
- 2.00 **DP World Tour Golf**
- 3.00 **Golf Academy**
- 4.00 **PGA Tour Golf**
- 5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

408 408 537 520 425 445

- 6.00 AM **ATP Tour This Week**
- 6.30 **ATP Tennis** Canadian Open.
- 7.30 **ATP Tour This Week**
- 8.00 **WTA & ATP Tennis**
- 2.00 PM **WTA & ATP Tennis**
- 4.00 **LIVE WTA & ATP Tennis** Day eight of the Cincinnati Open.
- 10.00 **ATP Tour This Week**
- 10.30 **WTA Tennis** Canadian Open.
- 11.00 **ATP Tennis** Canadian Open.
- 12.00 M'T **LIVE WTA & ATP Tennis** Day eight of the Cincinnati Open.
- 4.00 AM **WTA & ATP Tennis**
- 4.30 **ATP Sizzle Reel 2024**
- 4.45 **WTA Sizzle Reel 2024**
- 5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Men's Cycling Pro Series**
- 7.00 **Women's Cycling Pro Series**
- 8.00 **UEFA Super Cup**
- 9.30 **Discovery Golf** The latest news.
- 10.00 **The Gruppetto** Cycling action.
- 10.15 **LIVE AFLW Carlton Blues Women v Collingwood Magpies Women.** Coverage of the match from IKON Park in Melbourne. Bounce-up **10.15am**.
- 12.15 PM **LIVE AFLW West Coast Eagles Women v Gold Coast Suns Women.** Coverage from Sullivan Logistics Stadium in Perth. Bounce-up **12.15pm**.
- 2.15 **TNT Sports Reload**
- 2.45 **LIVE Cycling** Coverage of the third stage of the Tour of Denmark.
- 4.45 **British Superbikes Rewind**
- 5.00 **MLB Highlights** Baseball action.
- 6.00 **LIVE MLB Baltimore Orioles v Seattle Mariners.** Coverage of the American League match from Camden Yards. Start-time **6.05pm**.
- 9.15 **Playing for Our Future**
- 9.30 **Premier League Review**
- 11.30 **Premier League: Big Interview**
- 12.00 M'T **Ultimate Pool**
- 1.30 AM **Cycling**
- 4.30 **Formula E Flashback**
- 5.30 **to 6.00** AM **Onboard**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **MotoGP Classics**
- 8.00 **T100 Triathlon World Tour**
- 9.00 **MotoGP Highlights**
- 11.00 **British Superbikes Highlights**
- 12.00 NOON **Discovery Golf**
- 12.30 PM **MLB Highlights**
- 1.30 **LIVE Cycling** Coverage of the first stage of the Tour of Czech Republic, featuring a 163km route from Prague to Liberec.
- 3.00 **Race Bikes** The Honda RN-01.
- 3.30 **Premier League Review**
- 5.30 **Premier League: Big Interview**
- 6.00 **Premier League Stories**
- 6.30 **Premier League Preview**
- 7.30 **Training Day**
- 7.45 **TNT Sports Cricket Reload** West Indies v Pakistan.
- 8.00 **LIVE MLB Toronto Blue Jays v Chicago Cubs.** Coverage of the inter-league match from Rogers Centre. Start-time **8.07pm**.
- 11.15 **MLB: Off the Bat**
- 11.45 **Fight Week** UFC 319 preview.
- 12.30 AM **UFC Connected**
- 1.00 **UFC Countdown**
- 2.00 **UFC Reloaded**
- 4.30 **Fight Week**
- 5.15 **TNT Sports Reload**
- 5.45 **to 6.00** AM **British Superbikes Rewind**

Sky Sports Action

412 410 517 507 426 446

- 6.00 AM **The Rugby Championship** Argentina v Australia from 2024.
- **8.00** A chance to see South Africa v New Zealand from 2024.
- 10.00 **Super League Highlights**
- 10.45 **Rugby Greatest Games**
- 10.50 **LIVE NRL Penrith Panthers v Melbourne Storm.** Coverage of the match in the 24th round of fixtures, at CommBank Stadium in Sydney. Kick-off **10.50am**.
- 12.50 PM **The Rugby Championship** Argentina v Australia from 2024.
- **2.50** Highlights from 2017.
- 3.00 **British and Irish Lions Tour**
- 4.00 **Super League Highlights**
- 4.15 **World Matchplay Darts** Action from the final in Blackpool.
- 6.45 **Darts Gold** Archive highlights.
- 8.15 **British and Irish Lions Tour** Action from First Nations & Pasifika XV v British & Irish Lions.
- **9.15** Australia v British & Irish Lions at Suncorp Stadium.
- 10.15 **The Rugby Championship** Argentina v Australia from 2024.
- **12.15** AM South Africa v New Zealand from 2024.
- 2.15 **Super League Highlights**
- 3.00 **British and Irish Lions Tour**
- 5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
- 2.15 PM **LIVE PGA Tour Golf** The early stages of day one of the BMW Championship, the second tournament in the FedExCup Playoffs, held at Caves Valley Golf Club in Maryland.
- 5.00 **LIVE PGA Tour Golf** Further coverage of day one of the BMW Championship, the second tournament in the FedExCup Playoffs, in Maryland.
- 8.00 **LIVE WTA & ATP Tennis** Coverage of day eight of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. The line-up for the quarter-finals will become known following the conclusion of today's action.
- 10.00 **Sky Sports News at Ten**
- 10.30 **Back Pages Tonight**
- 11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **EFL Greatest Games**
- 7.00 **PGA Tour Champions**
- 8.00 **The Hundred Bitesize**
- 8.45 **Formula 1** Highlights from 2024.
- 9.45 **Ladies European Tour Golf**
- 10.45 **Rugby Greatest Games**
- 10.50 **LIVE NRL Penrith Panthers v Melbourne Storm.** Coverage of the match in the 24th round of fixtures. Kick-off **10.50am**.
- 12.50 PM **Rugby Greatest Games**
- 1.00 **PDC Classics** Quarter-finals.
- 2.00 **PL Greatest Games**
- 3.00 **Ladies European Tour Golf**
- 4.00 **LIVE LPGA Tour Golf** Day one of the Standard Portland Classic.
- 7.00 **Ladies European Tour Golf**
- 8.00 **PGA Tour Champions**
- 9.00 **The Hundred Bitesize**
- 10.00 **PL Retro** From 2008/09.
- 12.00 M'T **PL Greatest Games**
- 1.00 AM **PDC Classics**
- 3.00 **EFL Greatest Games**
- 4.00 **PGA Tour Golf**
- 5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Saudi Masters Snooker**
- 8.00 **Race Bikes** The Honda RN-01.
- 8.30 **Onboard** The Ocean Race.
- 9.00 **T100 Triathlon World Tour Highlights** Action from London.
- 10.00 **Saudi Masters Snooker**
- 12.00 NOON **LIVE Saudi Masters Snooker** Coverage from the first session of the quarter-finals.
- 3.30 PM **T100 Triathlon World Tour Highlights** Action from London.
- 4.30 **Ultimate Pool** The Pairs Cup.
- 6.00 **LIVE Saudi Masters Snooker** Coverage from the second session of the quarter-finals.
- 9.30 **Cycling** The Pro Series.
- 12.30 AM **T100 Triathlon World Tour Highlights** Action from London.
- 1.30 **Onboard** The Ocean Race.
- 2.00 **Fishing: On the Bank**
- 3.00 **British Superbikes Highlights**
- 4.00 **British Speedway**
- 5.00 **MLB: Off the Bat**
- 5.30 **to 6.00** AM **MLB Plays of the Week**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **Fishing: On the Bank**
- 7.00 **One Day International Cricket**
- 8.00 **International T20 Cricket Highlights** Recent action.
- 9.00 **TNT Sports Cricket Reload**
- 9.30 **Ultimate Pool** The Pairs Cup.
- 11.00 **Cycling** Pro Series highlights.
- 1.00 PM **LIVE Cycling** The third and final stage of the women's Tour of Poland, featuring a 128.1km route from Naleczow to Krasnik.
- 3.00 **UEFA Super Cup** Paris Saint-Germain v Tottenham Hotspur.
- 4.30 **Onboard** The Ocean Race.
- 5.00 **Fishing: On the Bank**
- 6.00 **British Speedway**
- 7.00 **British Superbikes Highlights** Action from Thruxton Circuit.
- 8.00 **UEFA Super Cup** Paris Saint-Germain v Tottenham Hotspur.
- 9.30 **Test Cricket Highlights**
- 11.30 **WNBA** Action from New York Liberty v Minnesota Lynx.
- 12.30 AM **TNT Sports Reload**
- 1.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 551

- 6.00 AM **MotorSport**
- 7.00 **Transworld Sport** Magazine.
- 8.00 **NASCAR Highlights**
- 9.00 **DTM Highlights**
- 10.00 **LaLiga** Real Madrid v Barcelona.
- 12.00 NOON **MotorSport**
- 1.00 PM **Transworld Sport** Magazine.
- 2.00 **NASCAR Highlights**
- 3.00 **DTM Highlights**
- 4.00 **Top 14 Rugby Union Highlights**
- 5.00 **MotorSport** Valentino Rossi.
- 5.30 **World of FreeSports**
- 6.00 **Viva LaLiga** The latest news.
- 7.30 **LaLiga Specials** The best saves from the 2024/25 season.
- 8.00 **NASCAR Highlights** Action from the 2023 Go Bowling at The Glen.
- 9.00 **DTM Highlights**
- 10.00 **LaLiga Specials**
- 11.00 **LaLiga** Barcelona v Real Madrid.
- 1.00 AM **Transworld Sport** Magazine.
- 2.00 **NASCAR Highlights**
- 3.00 **DTM Highlights**
- 4.00 **LaLiga Specials**
- 5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

- 6.00 AM **Major League Cricket**
- 10.00 **FastZone** Motorsports highlights.
- 10.30 **United Rugby Championship**
- 12.30 PM **Football's Greatest** The finest players discuss their careers.
- 1.00 **Top 14 Rugby Union Highlights**
- 2.00 **LaLiga News** The big stories.
- 2.30 **Temples of Sport** Iconic sporting venues from around the globe.
- 3.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
- 5.00 **Bike World** Magazine.
- 5.30 **LaLiga Specials** Another chance to watch LaLiga Specials 2023/24 on Premier Sports.
- 6.30 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
- 9.00 **Temples of Sport** Iconic sporting venues from around the globe.
- 9.30 **United Rugby Championship** Leinster v Bulls in the Grand Final.
- 11.30 **Copa Del Rey** Barcelona v Real Madrid from the 2025 final.
- 2.30 AM **NASCAR Trucks**
- 5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 516 506 424 444

- 6.00 AM **Formula 1** F1 highlights.
- 12.00 NOON **Formula 1** F1 highlights.
- 2.00 PM **Ted's Notebook**
- 2.30 **Formula 1** All the build-up to the Miami Grand Prix.
- **3.55** Another chance to see this year's Miami Grand Prix.
- **6.10** Reaction and analysis from the Miami Grand Prix.
- 7.25 **Ted's Notebook**
- 7.55 **Formula 1** The British Grand Prix.
- 8.00 **Lewis Hamilton: Why Heritage Matters**
- 8.30 **Formula 1** F1 highlights.
- 12.30 AM **Lewis Hamilton: Why Heritage Matters**
- 1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

15 August

Evening Planner

Factual

VJ Day 80: The Nation's Tribute

BBC1, 11.30am

Coverage of a service of remembrance at the National Memorial Arboretum.

Football

Premier League

Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm

Bournemouth journey to Anfield to face last year's champions Liverpool.

OnDemand

Disney+

Limitless: Live Better Now

Available today

Chris Hemsworth undergoes special forces training and plays drums at an Ed Sheeran gig.

OnDemand

NETFLIX

Night Always Comes

Available today

A woman (Vanessa Kirby) must find $25,000 in one night to stop her family's eviction.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives: Row...	8.00 Would I Lie to...	8.30 MasterChef	9.00 Here We Go	9.30 Mrs Brown's...	10.00 News; Local News	
	102 BBC2	7.00 Villages by the...	7.30 Beechgrove...	8.00 Gardeners' World		9.00 The Gone		10.00 Mammoth	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Under the Bridge		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It...		9.00 8 Out of 10 Cats Does Countdown		10.00 First Dates	
	105 5	7.00 A Country Life for Half the Price with...		8.00 Michael Palin in North Korea		9.00 Lost in the Desert with Nick Knowles		10.00 The Cancellation of Jim Davidson	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad		9.00 And Just Like That...		9.45 Tom Davis: Underdog	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Destination X			
	116 BBC4	7.00 TOTP: 1998		8.00 Anoushka Shankar at the Proms			9.30 TOTP: 1982	10.10 TOTP: 1980	
	118 ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 Film: Pitch Perfect			
	136 MORE4	‹ 6.55 Grand Designs	7.55 The Dog House			9.00 Inspector Gerri		10.15 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Below Deck Sailing Yacht		9.00 Gogglebox: Celebrity Special for SU2C		10.00 Film: Central Intelligence	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.35 Six Feet Under	7.40 House of the Dragon			9.00 The Pacific		10.00 The Wire	
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.15 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Agatha Christie's Poirot	
	120 ITV4	7.00 World Series of Darts: New Zealand Masters							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers			10.20 The Walking Dead
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Film: SAS: Red Notice			
	109 U&ALIBI	7.00 Miss Scarlet		8.00 Death in Paradise		9.00 Father Brown		10.00 The Boy That Never Was	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Greatest Guitar Riffs	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Deadliest Catch		9.00 Expedition Bigfoot		10.00 How the Universe Works	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 River of No Return		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: Hitler Takes on the West				10.00 21st Century Sex Slaves	
	123 SKY HISTORY	7.00 The Sound and the Fury						10.00 Ancient Aliens Special Presentation	
	155 U&YESTERDAY	7.00 Simon Reeve's South America		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 The Nazi Cartel		8.00 Amsterdam Narcos		9.00 Film: Touching the Void			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Sonic the Hedgehog 3		8.00 Saturday Night				10.00 Heart Eyes	
	302 FAVOURITES	‹ 6.20 Bridget Jones's Diary		8.00 Bridget Jones: The Edge of Reason			9.50 Bridget Jones's Baby		
	303 HITS	‹ 6.15 The Truman Show		8.00 Robin Hood: Prince of Thieves					10.25 The Nun II
	304 GREATS	‹ 6.00 Roxanne		8.00 Rear Window				10.00 Saturday Night Fever	
	305 ANIMATION	7.10 Cloudy with a Chance of Meatballs				8.45 Cloudy with a Chance of Meatballs 2			10.25 The Nut Job
	306 FAMILY	‹ 6.00 Wonka		8.00 Monster Trucks				10.00 The NeverEnding Story	
	307 ACTION	‹ 6.05 Venom: The Last Dance		8.00 Saving Private Ryan					
	308 COMEDY	‹ 6.00 Nutty Professor II: The Klumps		8.00 Parenthood				10.05 Nacho Libre	
	309 THRILLER	‹ 5.50 Murder by Numbers		8.00 The Firm					
	310 DRAMA	‹ 4.20 Ben-Hur		8.00 True Grit				10.10 Manodrome	
	311 SCI-FI	‹ 6.20 Men in Black II		8.00 Interstellar					
	313 FILM4	‹ 6.55 Turner & Hooch				9.00 Transporter 3			
SPORT	401 MAIN EVENT	‹ 6.30 FNF – Live: Liverpool v Bournemouth (Kick-off 8.00)							
	402 PREMIER LEAGUE	‹ 6.30 FNF – Live: Liverpool v Bournemouth (Kick-off 8.00)							
	403 FOOTBALL	7.00 EFL Highlights		8.00 EFL Cup Highlights		9.00 EFL Highlights		10.00 EFL Goals	
	405 CRICKET	‹ 6.00 The Hundred – Live: Northern Superchargers Men v Birmingham Phoenix Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	7.00 MLB – Live: Chicago Cubs v Pittsburgh Pirates (Start-time 7.20)						10.15 MLB: Off the Bat	
	411 TNT SPORTS 2	7.00 Onboard	7.30 MotoGP	8.00 V8 Supercars Highlights				10.00 MotoGP	10.30 Test Cricket...

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

VJ Day 80: 15 August 1945

Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** Series finale (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Homes Under the Hammer** (S)(R)
11.30 **VJ Day 80: The Nation's Tribute** Coverage of today's national commemoration to mark the 80th anniversary of the end of World War Two in the Far East. (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition Featuring handcuffs, a bust of Apollo and mannequin heads. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Here We Go

7.00 **The One Show** Lauren Laverne and Clara Amfo host the topical show. (S)
7.30 **Our Lives: Row Hard or Row Home – Around Ireland in 32 Days** New edition An epic quest to row around Ireland. (S)(AD)

8.00 **Would I Lie to You?** With guests Chris McCausland, John Cooper Clarke, Judi Love and Caroline Quentin. (S)(R)
8.30 **MasterChef** New edition 6/24. Grace Dent tasks the contenders to create the perfect picnic. (S)(AD)

9.00 **Here We Go** New episode 5/7. Guest stars Jane Horrocks. (S3) (S)(AD)
■ Entire series on BBC iPlayer
9.30 **Mrs Brown's Boys** New episode 3/4. Agnes helps Winnie learn to drive. (S5) (S)
■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Tenet** Director Christopher Nolan's time-travelling thriller starring John David Washington. A troubleshooter is hired for a high-stakes mission to prevent armageddon. As he navigates through a world of espionage, the Protagonist uncovers a shadowy organisation with the ability to manipulate time. With Robert Pattinson, Elizabeth Debicki, Dimple Kapadia and Kenneth Branagh. (S)(AD) (2020, 12, 140min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Weather for the Week Ahead**
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
11.30 **Best Bakes Ever** (S)(R)(AD)
11.55 **Two Minute Silence** (S)
12.05 PM **Bargain Hunt** (S)(R)(AD)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Heligan: Secrets of the Lost Garden** Wildlife inhabiting the popular Cornish gardens. (S)(R)(AD)
5.15 **Flog It!** From Devon. (S)(R)
6.00 **Richard Osman's House of Games** With Eddie Kadi. (S)(R)
6.30 **Rick Stein's Food Stories** (S)(R)

8.00 Gardeners' World

7.00 **Villages by the Sea** Archaeologist Ben Robinson explores St Margaret's on the Kent coast. (S)(R)
7.30 **Beechgrove Garden** New edition Ruth Vichos and Brian Cunningham thin biennials they sowed in early summer. (S)

8.00 **Gardeners' World** New edition Monty Don is cutting back in the Cottage Garden to make room for annuals, and Joe Swift visits a historic allotment site that has been brought back to life and transformed in Nottingham. (S)

9.00 **The Gone** Series finale 6/6. The detectives work to solve the case before the killer can strike again. (S2) (S)(AD)
■ Entire series on BBC iPlayer
9.50 **Robins of Eden** Robins nesting in Cornwall's Eden Project. (S)(R)

10.00 **Mammoth** 1/3. Comedy with Mike Bubbins. A PE teacher presumed dead in an avalanche in 1979 is brought back to life. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **FILM Colette** Biopic starring Keira Knightley. A woman is persuaded to write up her semi-autobiographical tales, which become a sensation when published under her husband's name. With Dominic West. (S) (2018, 15, 105min) ★★★★
12.45 AM **Sign Zone: Panorama: Lucy Letby – Who to Believe?** (S)(R)
1.45 **Sign Zone: Moment of Proof** (R)
2.15 **Sign Zone: What Happened at Hiroshima** Documentary. (S)(R)(AD)
2.45 **Sign Zone: Human** (S)(R)(AD)
3.45 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Fern Britton: Inside the Vet's** New edition 5/6. Fern meets a 12-year-old rescue cat with diabetes whose owner is using the latest technology to monitor her pet's blood sugar levels. (S)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Robert loses his temper, Jacob feels dejected, and April is left with a decision to make. (S)(AD)

8.00 **Coronation Street** Abi and Carl conspire to cover their tracks, Carla prepares to propose to Lisa in the Rovers, and Steve panics, thinking that Dorin has popped out. (S)(AD)

9.00 **Under the Bridge** New episode *In Water They Sink as the Same:* 6/8. Past and present wounds come together as Rebecca and Cam's alliance is tested. Meanwhile, the Virks discuss taking matters into their own hands. (S1) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM For Your Eyes Only** James Bond adventure starring Roger Moore. Agent 007 strives to trace a top secret military device sunk off the coast of Greece. With Carole Bouquet and Topol. (S)(AD) (1981, PG, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Teleshopping**
3.00 **The British Airways Killer** 2/2. Robert Brown finally confesses and leads police to where Joanna Simpson was buried. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** With comedian Rachel Parris. (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.00 AM **Countdown** (S)(R)
6.40 **Cheers** 8-10/22. (S7) (S)(R)
8.00 **The King of Queens** (S)(R)(AD)
8.55 **Frasier** 1-4/24. (S10) (S)(R)(AD)
10.55 **Ramsay's Kitchen Nightmares USA** Louisiana. (S)(R)
11.55 **News** (S)
12.10 PM **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun: What Happened Next?** (S)(R)
4.00 **The Great House Giveaway** An assistant accountant and an architect transform a damp cottage in Leicestershire. (S)(R)
5.00 **Chateau DIY** Anna makes some glossy entrance signs. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A retired couple seek out the perfect home in Calp, Spain. (S)(R)

8.00 Love It or List It: Brilliant Builds

7.00 **News** (S)

8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** New edition Kirstie Allsopp and Phil Spencer recall two projects involving problematic floorplans that left both the properties with poor open plan flow and wasted space. (S)(AD)

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts, as Roisin Conaty and Phil Wang take on Joe Wilkinson and Lou Sanders. Plus, comedian David O'Doherty joins Susie Dent in Dictionary Corner. (S)

10.00 **First Dates** New edition Apprehensive content creator Mark meets a well-travelled romantic, while warm-hearted widow Susan hopes to find laughter – and maybe love – again. (S)(AD)

11.05 **Ramsay's Kitchen Nightmares USA** New edition Gordon Ramsay heads to New Orleans to help the owner of Blake's Place. (S)
12.00 M'T **FILM Greed** Satirical comedy drama starring Steve Coogan, David Mitchell and Isla Fisher. (S)(AD) (2019, 15, 110min) ★★★
1.50 AM **Undercover Boss USA** (S)(R)
2.40 **Come Dine with Me** (S)(R)
5.00 **to 6.00** AM **George Clarke's Amazing Spaces** (S)(SL)(R)(AD)

+1 hour 204/208 | 304 | 15 | 121 | 252

7 PM
8 PM
9 PM
10 PM

ARTWORK: ALAMY

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **The Perfect Intruder** Thriller starring Zibby Allen. (S) (2022, PG, 100min) ★★
4.00 **All Creatures Great and Small** *All's Fair:* 5/7. James is happy to be appointed as attending vet at the Darrowby Show – but Siegfried and Tristan warn him that the position is a poisoned chalice. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Rob and Dave cope with a variety of troublesome births. (S)(R)
6.55 **News** (S)

9.00 Lost in the Desert

7.00 **A Country Life for Half the Price with Kate Humble** New edition 5/8. Kate revisits rural Carmarthenshire to meet a family who have relocated from Reading. (S)
7.55 **News** (S)

8.00 **Michael Palin in North Korea** The actor documents life for many of the millions who live and work in North Korea, covering more than 1,300 miles from south to north of the country. (S)(R)

9.00 NEW SERIES **Lost in the Desert with Nick Knowles** 1/3. Nick takes a journey through the Gobi desert in Mongolia, one of the most desolate places on Earth, and comes across a bus carrying a dinosaur museum. (S)

10.00 **The Cancellation of Jim Davidson** The comedian offers an in-depth exploration of his life and career and the controversies that have surrounded him. (S)(R)

11.35 **When Saturday Night TV Goes Horribly Wrong** Les Dennis narrates a compilation of primetime mishaps. (S)(R)
1.25 AM **PlayOJO Live Casino Show**
3.25 **Friends** 6/18. (S10) (S)(R)(AD)
3.50 **The World's Most Expensive Hotels** The Peninsula. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Big Cats Small World** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** *Glory of the Sea:* 6/21. The team investigate after a rear admiral is abducted from his home. (S14) (S)(R)
4.00 **S.W.A.T.** *Thai Hard:* 1/22. During a trip to Bangkok, Hondo stumbles upon a wide-ranging heroin operation with ties to Los Angeles. (S6) (S)(R)(AD)
5.00 NEW SERIES **Premier League Friday** Roman Kemp hosts a preview show, with big-name interviews and news from around all the top-flight clubs.

9.00 And Just Like That...

7.00 **The Office (US)** *Promos:* 18/25. The staff get hold of promos for the documentary. (S)(R) **7.30** *Stairmageddon:* 19/25. Jim and Pam attend marriage counselling, while Andy tries to find an agent. (S9) (S)(R)

8.00 **An Idiot Abroad** 6/8. Karl Pilkington heads to Christ the Redeemer in Rio de Janeiro, taking in the culture of Brazil along the way – as well as visiting a popular nudist beach and having a back wax. (S)(R)

9.00 **And Just Like That...** Series finale 12/12. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. (S3)
9.45 **Tom Davis: Underdog** The comedian performs a live stand-up show, covering topics such as leaving school with no qualifications and fatherhood. (S)(R)

11.00 **Sex and the City** 19/20. Carrie heads for Paris. (S)(R) **11.40** 20/20. Carrie, still struggling to deal with life in Paris, has a stilted dinner with Aleksandr's ex-wife. (S6) (S)(R)
12.30 AM **The Force: Manchester** (R)
1.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 1/22. (S6) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30pm If Walls Could Talk (S)(R) **8.00-8.30** Our Lives: Row Hard or Row Home: Around Ireland in 32 Days New edition (S)(AD) **10.40** Paddy & Nigel's Tourist Trap (S)(R) **11.10** FILM Tenet (S) (AD) (2020, 12, 140min) ★★★★ **1.30-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.30pm Back in the Day New edition (S) **8.00-8.30** Wales' Home of the Year (S)(R) **10.40** Rewind: 60 Years of Welsh Pop – Newport New edition (S) **11.10** FILM Tenet: As N. Ireland. **1.30-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Gwladfa: Gwilym Bowen Rhys **1.30** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Trysorau'r Teulu **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cais Quinnell (AD) **6.30** Garddio a Mwy **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Redbull Hardline Cymru 2025 **8.55** Newyddion a'r Tywydd **9.00** Rygbi Cymru: Y Gêm yn y Gwaed **10.00** Curadur **10.30-11.35pm** Gogglebocs Cymru

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Decorative uses for severed heads, and the revolting truth about Roman toilets. **7.30** Queen Victoria learns that her British comforts aren't very British.
7.55 **The Catch Up**
8.00 **Top Gear** Co-host James May competes in a world rallycross race, and actor Nicholas Hoult is the Star in the Reasonably Priced Car.
9.00 **Destination X** 5/10. A visit to one of Europe's biggest winemaking regions.
10.00 **Destination X** 6/10. Rob Brydon reveals to everyone on the X-bus where in the world they actually are.
11.00 **Confessions of a Steroid Gang** 1-3/3. How a north Wales father and son built one of the UK's biggest underground steroid empires.
12.30 AM **Charlotte in Sunderland** Double bill.
1.30 **Top Gear** As 8.00pm.
2.35 **to 4.00** AM **Eating with My Ex**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** With Savage Garden, Prince Buster and Janet Jackson. **7.30** Featuring Robbie Williams, Savage Garden, Sash! and Leann Rimes.
8.00 NEW **Anoushka Shankar at the Proms** The sitar star joins forces with conductor Robert Ames and London Contemporary Orchestra to perform an orchestrated version of *Chapters* – her trilogy of studio albums.
9.30 **TOTP: 1982** With Yazoo, Associates, Fun Boy Three, Sheena Easton and The Firm.
10.10 **TOTP: 1980** Featuring Ultravox, David Bowie, Grace Jones and Village People.
10.40 **Heartbreakers at the BBC** A selection of classic heartbreak songs from the BBC archives.
11.40 **Heartbreakers at the BBC: Volume 2**
12.40 AM **Heartbreakers at the BBC: Volume 3**
1.40 **TOTP: 1998**
2.40 **TOTP: 1982**
3.20 **to 3.50** AM **TOTP: 1980**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Lichfield.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Phil Spencer catches up with Amber and Martin from Cambridgeshire.
6.55 **Grand Designs** Building a Roman-inspired home on land surrounding a historic abbey in Hertfordshire.
7.55 **The Dog House** Eighty-five-year-old Pim meets stubborn beagle Dexter.
9.00 **Inspector Gerri** New episode *Children Are Pieces of the Heart – Part Two:* 2/8. The detective's source has disappeared, and her parents' inability to contact her leads to the team to gain more information via phone taps. Subtitled. (S1)
10.15 **24 Hours in A&E** An 80-year-old patient is admitted suffering from pain in her chest, arm and jaw.
11.20 **24 Hours in A&E** A man is treated after coming off his motorbike.
12.20 AM **999: On the Front Line** Paramedics Paul and Alex search for a father and his two-month-old baby.
1.25 **24 Hours in A&E**
3.30 **to 4.00** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon** (S1)
11.00 **Modern Family** (S10)
12.00 NOON **The Big Bang Theory** 8-11/23. (S2)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *The Bart of War:* Bart gets into trouble with the police for vandalism. **7.30** *Dangerous Curves:* Homer and Marge reminisce about their marriage.
8.00 **Below Deck Sailing Yacht** New edition A major crisis involving another boat means it is all hands on deck.
9.00 **Gogglebox: Celebrity Special for SU2C** Another chance to see the 2018 Stand Up to Cancer edition.
10.00 FILM **Central Intelligence** Action comedy with Dwayne Johnson and Kevin Hart. (2016, 12, 107min) ★★★
12.05 AM **Gogglebox**
1.10 **The Big Bang Theory**
2.10 **The Simpsons**
2.40 **Brooklyn Nine-Nine**
3.35 **Below Deck Sailing Yacht**
4.25 **Young Sheldon**
5.15 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 19/22. A morning show host is found dead. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 19/22. The team go after the killer of a man in witness protection. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

8.00 Chicago Med

7 PM

7.00 Nothing to Declare A bungling drug mule tries to avoid being caught. **7.30** Officers are wary of an old-time drug smuggler.

8 PM

8.00 Chicago Med New episode *Poster Child:* 16/22. Lenox and Abrams help a woman who was in a coma for 20 years. (S10)

9 PM

9.00 Chicago Fire New episode *In the Rubble:* 16/22. Pascal searches for justice in the face of adversity. (S13)

10 PM

10.00 Chicago PD New episode *Seen and Unseen:* 16/22. Burgess's recall is put to the test following a deadly incident at a diner. (S12)
11.00 **The Good Doctor** 1/20. (S4)
12.00 M'T **Law & Order: Organized Crime** 4/13. The team must keep a witness safe. (S4)
1.00 AM **The Equalizer** 6/18. (S2)
2.00 **Caught on Dashcam**
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **True Blood** 11 & 12/12. (S3)
10.00 **Six Feet Under** 4&5/12. (S4)
12.00 NOON **House of the Dragon**
1.20 PM **Babylon Berlin** (S3)
3.20 **True Blood** 11/12. Jason struggles with the latest revelation about Crystal. **4.25** 12/12. Eric puts his plan to kill Russell into effect. (S3)
5.30 **Six Feet Under** 4/12. David's ex-fiancée asks him for help. **6.35** 5/12. Ruth encourages Nate to become a member of a bereavement group. (S4)

9.00 The Pacific

7.40 House of the Dragon *The Queen Who Ever Was:* 8/8. As Aemond becomes more volatile, Larys plots an escape and Rhaenyra looks to press home her advantage. (S2)

9.00 The Pacific *Gloucester/Pavuvu/Banika:* 4/10. Leckie and his comrades arrive on the island of New Britain. (S1)

10.00 The Wire *The Detail:* 2/13. McNulty and Bunk bring D'Angelo in for questioning about the murder of a witness. (S1)
11.10 **The Sopranos** 8/13. Rumours lead to panic for Tony. (S1)
12.10 AM **The Time Traveler's Wife**
1.10 **Gomorrah** 11 & 12/12. (S2)
3.10 **House of the Dragon** (S2)
4.30 **In Treatment** (S1)
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 18/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 15/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** 6/21. (S14)
4.00 **S.W.A.T.** 1/22. (S6)
5.00 **SEAL Team** 14/22. Bravo Team work with the Congolese army on a covert mission. (S2)
6.00 **Stargate Atlantis** 17/20. McKay is faced with a mysterious incident when a blast rips through the city. (S3)

8.00 An Idiot Abroad

7.00 Stargate Atlantis *Submersion:* 18/20. While searching for a drilling station, the team awaken a Wraith queen. (S3)

8.00 An Idiot Abroad 6/8. Karl Pilkington heads to Christ the Redeemer in Rio de Janeiro, taking in the culture of Brazil.

9.00 FILM SAS: Red Notice Action thriller starring Sam Heughan, Ruby Rose, Tom Hopper and Andy Serkis. An off-duty SAS soldier attempts to thwart a terror attack on a train running through the Channel Tunnel. (2021, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **S.W.A.T.** 4/22. A blackout throws the city into chaos. (S8)
12.15 AM **Strike Back: Vendetta** 7/10. Section 20 are sent on a mission to Bosnia. (S8)
1.10 **The Force: Manchester**
2.05 **Road Wars**
3.00 **NCIS: Los Angeles** 6/21. (S14)
4.00 **S.W.A.T.** 1/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.55 **Dinner Date**
8.50 **Billie and Greg: Family Diaries**
9.50 **The Only Way Is Marbs**
10.50 **Real Housewives of Potomac**
11.45 **Real Housewives of Salt...**
12.40 PM **Buying the View**
1.05 **Billie and Greg: Family Diaries**
2.05 **The Only Way Is Essex**
3.05 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.10 **Catchphrase**

9.00 Pitch Perfect

7.00 Deal or No Deal Stephen Mulhern hosts as Amy takes on the Banker for the chance to win life-changing money.

8.00 The Bachelor Australia New edition Jimmy and a very lucky Steph soar to new heights, and the girls go wild at a cocktail party.

9.00 FILM Pitch Perfect Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. With Rebel Wilson. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Family Guy** 16/20. A re-imagining of the show. (S16)
11.45 **Family Guy** 11/20. (S16)
12.15 AM **American Dad!** (S12)
1.10 **Bob's Burgers** 17/22. (S11)
1.40 **Plebs** 5&6/8. (S3)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Midsomer Murders**
10.15 **The Royal** *Crash.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Dead Letters:* Barnaby and Jones investigate the case of a woman found drowned at a local carnival.
5.50 **Heartbeat** *Leaving Home:* Greengrass finds himself the owner of stolen cigarettes.

8.00 Midsomer Murders

6.55 Heartbeat *Fool for Love:* Nick helps a woman claiming she is being harassed by a stalker.

8.00 Midsomer Murders *Talking to the Dead:* Barnaby and Jones race to find a connection between a stolen antiques racket and two couples who disappeared in a village rumoured to have haunted woods.

10.00 Agatha Christie's Poirot *Dead Man's Folly:* The sleuth's old friend Ariadne Oliver stages a game of murder hunt at a summer fete, but things soon take a dark twist.
11.50 **Trigger Point** 1/6. Thriller starring Vicky McClure and Mark Stanley. (S2)
12.50 AM **Redemption** 6/6. Colette sets out to find the truth. (S1)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Food Fest Scotland** From the Nairn Show.
8.00 **Our Lives: Downhill Highs** A mountain biker scales all 282 of Scotland's mountains.
8.30 **Our Lives: Darts Dreams** Chloe O'Brien's bid to be selected for the Scottish women's darts team.
9.00 **Jocky Wilson Said** The story of the rise and fall of the former darts player from Kirkcaldy.
10.00 **Still Game** 1/6. Jack goes to visit his daughter in Canada. (S3)
10.30 **Jules and Greg's Wild Swim** 1/6. Julie Wilson Nimmo and Greg Hemphill share their love of wild swimming.
11.00 PM **to 12.00** M'T
NEW **TRNSMT** Featuring Biffy Clyro, Snow Patrol and Fontaines DC.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S1)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.00 **Sex and the City** (S2)
12.10 PM **Girls** 7&8/10. (S4)
1.55 **The Office (US)** (S9)
3.10 **Sex and the City** (S2)
4.25 **Girls** 10/10. (S4)
5.45 **The Conners** (S2)
6.35 **The Office (US)** (S9)
7.25 **Sex and the City** 19/20. Carrie leaves her life in New York behind. **8.05** 20/20. Part two of two. Carrie has a stilted dinner with Aleksandr's ex-wife. (S6)
9.00 **And Just Like That...** Series finale 12/12. *Sex and the City* revival. (S3)
9.45 **Tom Davis: Underdog**
11.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.00 M'T **Sex and the City**
1.40 AM **Entourage** (S2)
2.55 **Veep** 1 & 2/10. (S2)
4.15 **to 5.00** AM **The Rehearsal**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Fragile: A Concert for Uncertain Times**
7.00 **André Rieu: Welcome to My World**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Battle of the Bagpipes**
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **From the Vaults**
9.00 NEW **Opry Live**
10.00 **Greatest Guitar Riffs**
11.00 **Patti Smith: Electric Poet** Documentary.
12.15 AM **Iggy Pop: Post Pop Depression – Live at the Royal Albert Hall**
2.45 **Classic Albums**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** *A Matter of Honour:* 8/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Distant Voices:* 18/26. Dr Bashir is critically injured. (S3)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 16/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Wheel of Fortune** Graham Norton hosts the game show.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune** Graham Norton hosts the game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 5/8. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 1 & 2/23. (S3)
12.00 NOON **Highway to Heaven** 25/25. (S1)
1.00 PM **Father Dowling Mysteries** 10/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 5&6/20. (S9)
9.00 FILM **16 Blocks** Thriller starring Bruce Willis. An alcoholic detective tries to transport a key witness to a trial, but corrupt cops are determined to stop him. (2006, 12, 102min) ★★★★
11.15 **The Avengers** (S6)
12.15 AM **M*A*S*H** (S9)
1.15 **Airline USA**
1.55 **Hart to Hart** 18/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.20 **Kojak**
9.30 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.30 PM **The Memoirs of Sherlock Holmes** Mystery drama.
1.40 **Kojak**
3.50 **Magnum, PI** *The Jororo Kill:* An assassin arrives in Honolulu.
4.55 **Magnum, PI** *Computer Date:* Thomas attempts to track down a computer hacker.
5.55 **Minder**

7.00 World Series of Darts: New Zealand Masters Action from day one at Spark Arena in Auckland, featuring the first-round matches. Eight of the world's leading players, including reigning champion Luke Humphries, world title-holder Luke Littler, and winners in this year's series, Stephen Bunnting and Gerwyn Price face qualifiers from Australia and New Zealand. All the unseeded players were defeated at this stage last year, but Rob Cross was pushed to the limit by Haupai Puha before prevailing 6–5.

11.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
12.55 AM **Dark Side of the Ring** The story of wrestlers deployed to North Korea.
1.50 **BattleBots**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 5/20. (S1)
2.00 **Primeval** 6/7. (S2)
3.00 **Stargate Atlantis** 9/20. (S3)
4.00 **Star Trek: Voyager**
5.00 **Star Trek: Deep Space Nine** 5/20. A mysterious epidemic sweeps through the crew. (S1)
6.00 **Star Trek: Enterprise** 19/22. Part two of two. Archer commandeers the *Defiant*. (S4)

7.00 Primeval 6/7. A giant mammoth appears on a busy motorway in broad daylight. Guest stars Ramon Tikaram. (S2)

8.00 Stargate Atlantis *Phantoms:* 9/20. Ronon and Sheppard come under mind control. (S3)

9.00 The Leftovers / *Live Here Now:* 10/10. Kevin comes clean to John, and there is a rebellion on the fourth anniversary of The Departure. (S2)

10.20 The Walking Dead *Rendition:* 4/24. Daryl and Dog are captured by the Reapers. (S11)

11.10 **True Blood** 3/10. Bill enlists a TruBlood innovator to synthesise a new type of blood. **12.10** AM 4/10. Eric counters Burrell's brutal anti-vampire initiatives by hitting him where it hurts the most. (S6)
1.10 **Wynonna Earp** 6&7/12. (S4)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 19/23. (S1)
11.00 **Hudson & Rex** 9/20. (S5)
12.00 NOON **Miss Scarlet** 1/6. (S5)
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 19/23. (S1)
5.00 **Hudson & Rex** 9/20. (S5)
6.00 **Father Brown** *The Hermit of Hazelnut Cottage:* Brenda faces ghosts from her past and becomes embroiled in a local dispute that ends in murder. Guest stars Sylvester McCoy.

7.00 Miss Scarlet *The Rival:* 1/6. A new Detective Inspector starts at Scotland Yard, and Eliza must prove herself all over again. (S5)

8.00 Death in Paradise *Dishing Up Murder:* 6/8. A famous chef is stabbed to death. Guest stars Martin Compston. (S5)

9.00 Father Brown *The Horns of Cernunnos:* The priest investigates when a friend's daughter is plagued by otherworldly visions.

10.00 The Boy That Never Was 4/4. Throwing Robin off the trail, Harry convinces her that he now knows she was right. (S1)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 10/14. Neal and Peter try to expose the ringleader of a corrupt charity that is trafficking human organs to sell to ill people. (S1)
1.00 AM **Death in Paradise** (S5)
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **I Didn't Know You Cared**
8.10 **Keeping Up Appearances**
8.50 **Last of the Summer Wine**
10.05 **Are You Being Served?**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.40 **Porridge**
3.20 **Last of the Summer Wine**
4.40 **Are You Being Served?**
5.20 **Dad's Army**
6.00 **Porridge**
6.40 **Gavin & Stacey**

7.20 Gavin & Stacey Bank Holiday Monday sees the Essex contingent arrive for a sunny day at the beach in Barry.

8.00 Red Dwarf The crew are aghast to encounter their evil 'doppelgängers'. **8.35** The crew members discover their time on *Red Dwarf* was only a game.

9.15 Gavin & Stacey The day of Nessa and Dave's wedding arrives. **9.55** Bryn tries to organise a surprise party for Gwen's birthday.

10.35 Not Going Out Lucy's first love reappears on the scene. Guest stars Simon Farnaby.

11.15 **Mrs Brown's Boys** Rory and Dino have a bust-up.
11.55 **Gavin & Stacey**
1.15 AM **Not Going Out**
1.55 **Mrs Brown's Boys**
2.40 **Back to Life**
3.05 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** How the Cornish landscape influenced Turner's work. **5.30** Rick visits a mausoleum with a rather macabre story.
6.00 **Hairy Bikers' Best of British** British dairy products.

7.00 Would I Lie to You? With guests Greg Davies, Konnie Huq, Phil Tufnell and Marcus Brigstocke. 7 PM

7.40 Richard Osman's House of Games With Greg Davies and Konnie Huq. **8.20** Contestants include Melvin Odoom and Greg Rutherford. 8 PM

9.00 QI XL Ria Lina, Eshaan Akbar, Jimmy Carr and Alan Davies answer Sandi Toksvig's questions on the theme of tricks and treats. 9 PM

10.00 Have I Got a Bit More News for You Jo Brand hosts the satirical current affairs quiz, with guests Heidi Allen and Phil Wang. 10 PM

11.00 **Taskmaster** Sian Gibson is crushed by a caravan, and Lou Sanders chews on stationery.
12.00 M'T **Mock the Week** With Gary Delaney, Ed Gamble, Tiff Stevenson and Hugh Dennis.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Mike**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Kitchen vs Garden**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
6.00 **A Place in the Sun: What Happened Next?**
7.00 **George Clarke's Kitchen vs Garden** George and garden designer Luke Millard provide renovations, inside and out.
8.00 **The Big Pound Shop Swap** Families swap their favourite supermarkets for bargain stores.
9.00 **24 Hours in A&E** An 80-year-old man who fell out of bed may have incurred brain injuries.
10.00 **Gogglebox** Double bill.
12.05 AM **First Dates**
1.05 **In Flight**
4.05 **to 5.00** AM **8 Out of 10 Cats Does Countdown**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 9-11/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Semper Fidelis:* 24/25. An ICE agent is murdered during a poker game. **7.00** *Aliyah:* 25/25. The team fly to Israel for a final showdown. (S6) **8.00** *Truth or Consequences:* 1/24. Tony tries to track down Ziva in North Africa. (S7)
9.00 **Person of Interest** *Prisoner's Dilemma:* 12/22. Fusco protects a supermodel from Armenian mobsters. **10.00** *Dead Reckoning:* 13/22. Kara Stanton forces Reese and Snow to break into a defence department lab. (S2)
11.00 **Law & Order: Special Victims Unit** (S17)
12.55 AM **The Resident**
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** An elderly man arrives after he fell running for a bus.
9.00 **FILM The Bourne Supremacy** Spy thriller with Matt Damon. (2004, 12, 108min) ★★★★
11.25 **Street Crime: Caught on Camera**
12.25 AM **999: Criminals Caught on Camera**
1.25 **Banged Up Abroad**
2.20 **Casualty 24/7: Every Second Counts**
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
11.55 **FILM Whispering Smith** Western starring Alan Ladd and Robert Preston. (1948, PG, 90min) ★★
1.50 PM **FILM Lonely Are the Brave** Western adventure starring Kirk Douglas and Gena Rowlands. (1962, b/w, PG, 107min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Suspect No 1** Detectives try to bring down the Norfolk-based Lewis drugs gang.
10.30 **Cops** Deputies get to the bottom of a possible stolen vehicle.
11.00 **MacGyver** 10/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Four cooks try to recreate Curtis Stone's pork loin dish.
8.00 **Inside the Ambulance** Paramedics race to a lorry driver with a branch through his windscreen. **10.00** The team are called to a major fire in a chemicals factory.
9.00 **999 Rescue Squad** A truck drives through the barrier of a motorway.
11.00 **Ghosts** Triple bill.
12.50 AM **Who Killed Jenni Rivera?** Documentary.
1.50 **to 3.00** AM **Stacey Dooley: Inside Spain's Narco Wars**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.30 **Doctors**
9.45 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.15 **Tenko**
3.15 **The Doctor Blake Mysteries** 3/8. (S3)
4.15 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Prize of Colonel Gerard.*
9.00 **Whitstable Pearl** New episode *Prisoners of the Past:* 4/6. Pearl learns that Charlie is back from Canada. (S3)
10.00 **New Tricks**
11.20 **Spooks** 2/10. (S5)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.50 **to 4.00** AM **Whitstable Pearl**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** North Yorkshire.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Margie Cooper and Tim Medhurst start the fourth leg of their jaunt. **8.00** Tim and Margie shop for a final time.
9.00 **Saving Lives at Sea** Two people are caught out by the tide and are struggling to stay afloat in Conwy, north Wales. **10.00** A teenage girl who has been swept out to sea by a rip-current.
11.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Reality series.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Five friends from Hertfordshire join forces to tackle the quiz. **7.00** Five friends with a shared love of music and dance compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **FILM Texas** Western. (1941, b/w, PG) ★★★
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Cast a Long Shadow** Western. (1958, b/w, U, 90min) ★★
3.00 **FILM The Quick Gun** Western. (1964, PG) ★★
5.00 **FILM Panhandle** Western starring Rod Cameron..(1948, b/w, U, 90min) ★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM The True Story of Jesse James** Biopic. (1956, PG, 92min) ★★
11.05 **FILM Tracker** Period action drama. (2010, 12, 101 min) ★★★
1.20 AM **FILM Asteroid: Final Impact** Thriller. (2015, PG, 90min) ★
3.10 **to 5.00** AM **Cops Uncut**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: Murder Most Medieval** Whodunit. (2017, PG, 90min) ★★
1.00 PM **FILM A Murderer Upstairs** Thriller. (2017, PG, 115min) ★★
2.55 **FILM A Mother Betrayed** Thriller. (2015, PG) ★★
5.00 **FILM Woman on the Edge** Thriller. (2018, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Road** Drama. (2009, 15) ★★★★
11.25 **FILM Nowhere To Be Found** Thriller. (2019, PG, 93min) ★★
1.30 AM **FILM Killer Family: A Nanny Nightmare** Thriller. (2020, 12) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM Pregnant and Alone** Drama. (2020, PG) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Love & Where to Find It** Comedy. (2021, PG, 90min) ★★
10.05 **FILM Luckless in Love** Romantic comedy. (2023, PG, 90min) ★★
12.10 PM **FILM Can't Buy My Love** Romantic comedy. (2017, PG, 90min) ★★
2.00 **FILM Secret Millionaire** Romantic comedy. (2018, PG, 90min) ★★
4.00 **FILM Summer in the Vineyard** Drama. (2017, 90min) ★★
6.00 **FILM The Soulmate Search** Drama. (2024, PG, 90min) ★★
8.00 **FILM Flowers and Honey** Romance. (2021, PG, 90min) ★★
9.55 **FILM Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
11.50 **FILM Flip That Romance** Drama. (2019, PG) ★★
1.55 **to 5.00** AM **Highway to Heaven**
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 16/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **From Here to Eternity**
3.00 **Britannia**
3.45 **Auto Rewind**
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 4/7. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 8/10. (S3)
10.00 **Game On** 4/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM Teenagers from Outer Space** (1959, b/w, PG, 90min) ★★
1.50 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** An illness forces Keith to hand over the *Wizard* and Josh fights for the helm. **8.00** A huge tidal surge threatens Josh and Monte as they chase their bounty into a storm..
9.00 **Chasing Classic Cars** The Cars' drummer David Robinson rolls into F40 with a restoration job. **10.00** Wayne uncovers a Bugatti Type 55s replica.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Maneet's Eats**
6.30 **Nadiya's Fast Flavours**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Classic Mary Berry**
10.00 **James Martin**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/24. (S8)
9.00 **The Fall Guy** 3/22. (S3)
10.00 **Knight Rider** 17/22. (S4)
11.00 **FILM Mammoth** Sci-fi action thriller. (2006, 12, 90min) ★★★
1.00 PM **FILM Cowboy** Western drama. (1958, PG, 90min) ★★★
3.00 **FILM Arizona Bushwhackers** Western. (1968, PG, 90min) ★★★
5.00 **Star Trek** 18/24. (S3)
6.00 **Knight Rider** 18/22. (S4)
7.00 **The Fall Guy** 4/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Drive** Stylish film-noir thriller. (2011, 18, 100min) ★★★★★
11.00 **FILM Righteous Kill** Crime thriller. (2008, 15, 97min) ★★★
1.00 AM **FILM The Escapist** Prison drama. (2007, 15, 102min) ★★
3.00 **to 5.00** AM **FILM Open 24 Hours** Horror. (2018, 18, 102min) ★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Sinbad and the Clash of the Furies** As shown at 5.00pm.
8.00 **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
10.00 **Andromeda** 1/22. (S1)
11.00 **FILM 7 Guardians of the Tomb** Sci-fi. (2018, 12, 90min) ★★
1.00 PM **FILM Alien Convergence** Thriller. (2017, 15, 120min) ★★
3.00 **Andromeda** 1/22. (S1)
4.00 **The A-Team** 19/23. (S4)
5.00 **FILM Sinbad and the Clash of the Furies** Adventure. (2016, 12) ★
7.00 **Andromeda** 2/22. (S1)
8.00 **The A-Team** 20/23. (S4)
9.00 **FILM The Hatton Garden Job** Drama. (2017, 15, 93min) ★★★
10.55 **FILM We Still Kill the Old Way** (2014, 18) ★★
1.00 **to 3.00** AM **FILM The Hatton Garden Job**
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Weird or What?**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal Survivor** A restaurant with a resident ghost.
1.00 AM **Evidence of the...**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Holyrood House: Upstairs, Downstairs**
10.00 **Secrets of the Royal Palaces** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Panama.
12.00 NOON **Yorkshire: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Arkansas.
9.00 **The Hardacres** 5/6. Sam and Mary call a truce in the aftermath of the events of the party. **10.00** 6/6. Mary confronts Emma. (S1)
11.00 **Autopsy** Double bill.
1.00 AM **When TV Favourites Go Horribly Wrong**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **My Lottery Dream Home International** A lottery winner wants a three-bedroom home. **9.30** A couple who won the postcode lottery.
10.00 **My Lottery Dream Home**
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper** Matt has a skin condition that causes tumours to grow all over his body.
7.00 **The Bad Skin Clinic** Dr Emma uses technology to remove a tumour from a patient's nose.
8.00 **My 600lb Life**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S5&6)
1.00 PM **Friends** (S7&8)
8.00 **Friends** 13/24. Chandler discovers the pleasures of a scented bath. **8.30** 14/24. A worried Joey takes Rachel to the hospital. (S8)
9.00 **Michael McIntyre's Big Show** Robbie Williams surprises members of the audience.
10.00 **Whose Line Is It Anyway? USA**
11.00 **CC Live: Stand Up Shorts** New edition
11.30 **South Park** (S5&25)
2.30 AM **Key & Peele** (S3)
3.00 **Reno 911!** 1/13. (S3)
3.20 **Beavis and Butt-Head**
3.30 **Michael McIntyre's Big Show** As 9.00pm.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** (S3&4)
11.00 **Friends** 18-22/24. (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** 2&3/13. (S4)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S7)
7.00 **Everybody Loves Raymond** (S5&6)
9.00 **New Girl** 15&16/22. (S6)
10.00 **Friends** (S7)
12.00 M'T **Russell Howard: Live at the London Palladium**
1.00 AM **Kevin Bridges Live in Glasgow** Stand-up.
2.00 **Jimmy Carr: Live**
2.30 **Jimmy Carr: Comedy Central Live 2**
3.00 **The Alternative Comedy Experience**
3.45 **Ed Byrne: Spoiler Alert**
4.30 **The Comedy Store**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure** 9&10/13. (S1)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
6.00 **Blood & Treasure** (S1)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Loch Ness to London**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: Love Triangles** Reality series.
2.00 **Catfish: The TV Show**
3.00 **Catfish: Love Triangles**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2: From The Beginning** Reality series.
7.00 **Laguna Beach: The Real Orange County**
8.00 **Catfish UK**
9.00 **Skin A&E** Dermatologists treat patients for cysts, lipomas and skin tags.
10.00 **Lindsay Lohan's Beach Club** Lindsay questions the group's intentions.
11.00 **MTV Unplugged**
12.00 M'T **Behind the Music**
1.00 AM **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made** Double bill.
7.00 **Railroad Alaska** Double bill.
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Double bill.
5.00 **Building Off the Grid** A bamboo-home architect builds a getaway in Hawaii, with a luxurious outdoor bath area.
6.00 **Baggage Battles** A government auction in Sacramento, California. **6.30** A police auction in Stockton, California.

9.00 Expedition Bigfoot

7.00 **Wheeler Dealers World Tour** Mike Brewer and Elvis Priestley hit the beach for the ultimate surf wagon: the Holden Sandman.

8.00 **Deadliest Catch** After a chemical leak forces Jake to abandon ship, Keith races to find the crew and save their ailing vessel.

9.00 **Expedition Bigfoot** New edition In 'The Fork', Russell rappels a 700-foot cliff to follow a heat signature.

10.00 **How the Universe Works** Experts uncover where a black hole's energy originates.

11.00 **Buying Alaska** A home on the Kenai River's few islands.
11.30 **Buying Alaska**
12.00 M'T **Moonshiners**
1.00 AM **Expedition Bigfoot**
2.00 **How the Universe Works**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Fish or Die** From Australia.
10.00 **Tanked** With Dwight Howard.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** Along the coast, fishermen get caught with too many sharks and a protected turtle gets relocated.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Amy meets Bobo the cat, who is wounded after a fight.

8.00 River of No Return

7.00 **Treehouse Masters** Pete Nelson tackles his biggest treehouse ever, which will be made up of three separate levels.

8.00 **River of No Return** As the winter ice thaws, people living on the bank are forced to navigate the spring rapids.

9.00 **Alaska: The Last Frontier** Tensions flare when Otto and Jane head to Kodiak Island to rescue a herd of wild buffalo.

10.00 **Alaskan Bush People** The Browns prepare for a medieval-themed birthday celebration for Baby Eli, and a huge wildfire strikes.

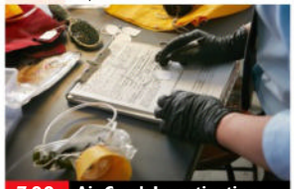
11.00 **Pit Bulls & Parolees** The threat of flooding prompts Tia to make an evacuation plan.
12.00 M'T **Crikey! It's the Irwins** The family study crocodiles.
1.00 AM **River of No Return**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Plane Crash Recreated**
2.00 PM **Nazi Megastructures**
3.00 **Secret Nazi Science**
4.00 **Hurricane Katrina: Race Against Time** The future of New Orleans hangs in the balance.
5.00 **Car S.O.S** Restoring a 1994 Vauxhall Cavalier Turbo.
6.00 **Hitler's Last Stand** Resistance fighters declare a Free French Republic in Eastern France.



7.00 Air Crash Investigation

7.00 **Air Crash Investigation** A private jet goes out of control, and air traffic control are unable to contact it.

8.00 **Apocalypse: Hitler Takes on the West** 1/2. Nazi offensives on Western nations during World War Two.

9.00 **Apocalypse: Hitler Takes on the West** 2/2. France under German occupation.

10.00 **21st Century Sex Slaves** Investigators and a special forces unit hunt down a notorious sex trafficking ring.

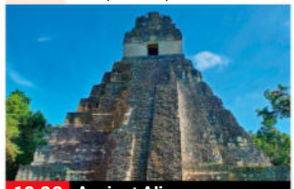
11.00 **Aircrash: Disasters Uncovered**
12.00 M'T **Inside Airport Lost & Found** Documentary series.
1.00 AM **Trafficked**
2.00 **Abandoned**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Cracking the Code** The Japanese Super Code.
2.00 **Battle 360** Four editions of the documentary series.
6.00 **The Sound and the Fury** Key events of World War Two, beginning with Germany invading Poland, and touching on Japan's expansion in Asia.



10.00 Ancient Aliens...

7.00 **The Sound and the Fury** The events of 1941, when Hitler invaded the USSR and Soviet resistance turned the tide.

8.00 **The Sound and the Fury** The fall of Germany at Stalingrad, and the US' win at Guadalcanal.

9.00 **The Sound and the Fury** Operation Bagration crushes the Wehrmacht in the East, and the fall of the Third Reich begins.

10.00 **Ancient Aliens Special Presentation** New edition The possibility of alien influence in the building of megalithic sites.

12.00 M'T **Evil Encounters** Stories of strange encounters in woodland, regarded as hotbed locations of the paranormal.
12.55 AM **The Proof Is Out There** Proof that a huge, undiscovered primate lives in North America.
1.50 **The Sound and the Fury**
2.50 **Battle 360**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War** In Kursk, the tide begins to turn.
5.00 **War Factories** The exploitation of the Baku Oilfields which led to the battle of Stalingrad.
6.00 **Antiques Roadshow** A return visit to Wightwick Manor near Wolverhampton.

7.00 Simon Reeve's South...

7.00 **Simon Reeve's South America** Simon takes in Venezuela, Guyana, Suriname and French Guiana on his adventure.

8.00 **'Allo 'Allo!** Michelle enlists René to set up a mobile radio station. **8.40** Michelle blackmails Von Strohm and Gruber after revealing she has a photograph of the pair. **9.20** It's René's birthday and surprises include a bomb from the Resistance.

10.00 **Bangers & Cash** Derek meets the owner of a sporty vintage Jaguar 'special', a Jaguar Viking.

11.00 **Billy Connolly Does...** Words of wisdom on the subject of fatherhood.
12.00 M'T **Bangers & Cash: Restoring Classics** A Vanden Plas saloon from the 1970s.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team tackle a vintage horse-racing game and two stained-glass panels.
8.00 **Johnny Vegas' Little Shop of Antiques** Bev and Johnny attend an auction of studio ceramics.
9.00 **The Repair Shop** Items include a cast-iron gate.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Real-life cases.
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **10 Steps to Murder**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition Things turn deadly at a high school.
10.00 **Toxic** New edition
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** The fatal stabbing of Melisa Augustson.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** An 86-year-old woman, June Roberts, is stabbed and strangled in her home.
8.00 **Donal MacIntyre's UK Killer Evidence** When a young mum goes missing, police uncover a troubled marriage.
9.00 **To Catch a Killer** A newly married and wealthy 80-year-old man mysteriously vanishes.
10.00 **It Takes a Killer** The disappearance of women in a Rhode Island town. **10.30** A Cleveland man seeks revenge on the women who hurt him.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Evidence of Evil**
4.00 **Medical Detectives** The truth about a 10-year-old case of an elderly couple's murder. **4.30** A street fight that took the life of a wrestling champion. **5.00** An investigation into a murder set up to look like a suicide. **5.30** A man vanishes after starting an affair with a friend's wife. **6.00** A girl is found dead, and a fibre found on the her clothes help track down the killer. **6.30** A go-go dancer tells her family she needs to get away – and vanishes for 20 years.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Richard Ramirez: The Night Stalker Tapes**
10.15 **The Cheshire Murders**
12.25 AM **Killing Mum and Dad**
1.20 **Murders That...**
2.15 **Killer in My Village**
3.10 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Wrecks That Changed the World** Warships.
9.35 **Peleliu: WWII's Well-Preserved Battlefield**
10.50 **Inside Japan's War**
11.55 **Messages Home: Lost Films of British Army**
1.00 PM **America the Bountiful** Documentary.
1.35 **Wrecks That Changed...**
2.35 **Peleliu: WWII's Well-Preserved Battlefield**
3.55 **Inside Japan's War**
5.00 **Messages Home: Lost Films of the British...**
6.05 **Wrecks That Changed...**
7.10 **Peleliu: WWII's Well-Preserved Battlefield**
8.20 **Inside Japan's War**
9.30 **Messages Home: Lost Films of the British...**
10.35 **Peleliu: WWII's Well-Preserved Battlefield**
12.00 M'T **Inside Japan's War**
1.10 **to 2.00** AM **America the Bountiful**

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **The End of the Storm**
12.00 NOON **FILM Busby** The life and career of former Manchester United manager Matt Busby. (2019, PG, 102min) ★★★
2.00 PM **Giroud** A profile of French footballer Olivier Giroud.
3.30 **The Lawman** A look at the life of former footballer Denis Law.
5.00 **The Directors**
6.00 **The Sixties**
7.00 **The Nazi Cartel** 3/3. Altmann's true identity is revealed.
8.00 **Amsterdam Narcos** 1/3. How the Dutch city turned into the drug capital of Europe.
9.00 **FILM Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
11.00 **100 Foot Wave**
12.00 M'T **Hatton**
2.00 AM **Stirling**
3.15 **Music Box**
5.00 **to 6.00** AM **Discovering: Michelle Yeoh**

Sky Nature

145 113/114 189 354 369

6.00 AM **My Wild Cats**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **America's Wild Seasons**
10.00 **Brazil Untamed**
11.00 **Big Cats Small World**
12.00 NOON **Wild Rockies**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **America's Wild Seasons**
4.00 **Brazil Untamed**
5.00 **Island of the Monsoon**
6.00 **Wild Rockies**
7.00 **Monkey Life** Double bill.
8.00 **Europe's Amazon**
9.00 **Dogs: An Amazing Animal Family** 2/3. Patrick Aryee heads to the Americas.
10.00 **Wild Rockies**
11.00 **Island of the Monsoon**
12.00 M'T **Big Cats Small World**
1.00 AM **Wild Castles**
2.00 **Europe's Amazon**
3.00 **Dogs: An Amazing Animal Family** As 9.00pm.
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **America's Wild Seasons**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?**
8.00 **Ancient Aliens**
9.00 **Inside the Tower of London** The latest recruit to join the team of beefeaters faces some testing exams.
10.00 **How Disney Built America** How the Disney brand has become a cultural and worldwide phenomenon.
11.00 **Sex: A Bonkers History**
12.00 M'T **Ancient Aliens**
2.00 AM **How Disney Built America**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder By Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **999 Killer on the Line**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **Court Cam** New editions A defendant appears shirtless and smoking a cigarette. **9.30** The courtroom erupts into chaos during a murder case.
10.00 **Ozark Law**
11.00 **Interrogation Raw**
12.00 M'T **Murder By Medic**
1.00 AM **Court Cam**
3.00 **Secrets of the Morgue**
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Investigation Shark Attack**
3.00 **Pond Stars**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The zoo tries to make history by incubating a clutch of rare temple turtle eggs.
8.00 **Africa's Hunters** A young leopard won't leave its mother.
9.00 **Victoria Falls: Africa's Garden of Eden** Documentary exploring the famous waterfall.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** The search for a short-tailed river stingray continues.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Thai Cave Rescue**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Thai Cave Rescue** The operation to save 12 boys and their football coach in 2018.
9.00 **Secrets Underground** Claims that the sunken city of Atlantis may have been in the Americas.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** The murder of violinist Helen Mintiks, whose body was discovered in an airshaft at the Metropolitan Opera House.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Africa from Above**
1.00 PM **Africa from Above**
7.00 **Africa from Above** Following the Volta River from the Sahel savannahs of the north, through fertile cocoa-laden hills in the heart of Ghana, and across the biggest man-made lake in Africa. **8.00** A journey above Ethiopia, the most populous landlocked country on Earth, to view Lake Tana, the country's largest lake, and the 'Great Green Wall', to witness communities fighting desertification. **9.00** Exploring the rich biodiversity of Uganda, known as the 'Pearl of Africa', where spectacular landscapes include the glacier-tipped Rwenzori mountains, ancient rainforests and crater lakes. **10.00** Exploring Morocco's Mediterranean coastline and the seemingly endless Sahara.
11.00 PM **to 6.00** AM **Africa from Above**

+1hour 266 376

ID

154 141 166

8.00 AM **Love, Honor, Betray**
9.00 **Murder Under the Friday Night Lights** Double bill.
11.00 **Homicide City: Charlotte**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Southern Fried Homicide**
5.00 **I'd Kill for You**
7.00 **Killer Unknown** Double bill.
9.00 **On the Case with Paula Zahn** Police arrive on the scene of the chilling murder of Lee Rotatori. The evidence they find inside her motel room marks the beginning of a shocking homicide investigation.
10.00 **Death by Fame** Baron 'Dirty' Colon goes on a reality show with an ulterior motive.
11.00 **Deadly Influence: The Social Media Murders** A make-up artists vanishes into thin air the day before Halloween.
12.00 M'T **Grave Secrets** Focusing on the murder of Tracey Bagwell. **1.00** AM The case of Sara Dixon.
2.00 AM **I'd Kill for You**
4.00 **to 6.00** AM **Killer Unknown**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Engine Addict with Jimmy...**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Engine Addict with Jimmy de Ville** Jimmy heads to Sweden.
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Big** A visit to Volkswagen's car plant in Wolfsburg, Germany.
10.00 **British Superbikes**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
8.30 **PREMIERE Saturday Night**
10.20 **Sonic the Hedgehog 3** (2024)
12.15 PM **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
2.30 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
4.20 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
6.00 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★

8.00 Saturday Night

8.00 PREMIERE Saturday Night Comedy starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV forever. (2024, 15, 109min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Heart Eyes Horror comedy starring Mason Gooding and Olivia Holt. A serial killer targets romantic partners on Valentine's Day. (2025, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 Long Gone Heroes Thriller starring Eden Brolin and Andy Garcia. (2024, 15, 101min)
1.25 AM **Rumours** Horror comedy. (2024, 15, 104min) ★★★
3.15 **Gator Creek** As 4.20pm.
4.45 **to 6.00** AM **Sacramento** Comedy drama directed by and starring Michael Angarano. (2024, 15, 89min) ★★★

Sky Cinema Hits

303 303 403 503 517

7.00 AM **Star Trek Into Darkness** Adventure. (2013, 12) ★★★★
9.15 **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★
11.20 **Let's Dance** Musical. (1950, U, 112min) ★★
1.15 PM **HouseSitter** Comedy. (1992, PG, 102min) ★★★
3.00 **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
6.15 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

10.25 The Nun II

8.00 Robin Hood: Prince of Thieves Fantasy adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. With Alan Rickman, Morgan Freeman and Mary Elizabeth Mastrantonio. (1991, PG, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 The Nun II Horror sequel with Taissa Farmiga. Sister Irene is reacquainted with demonic Valak at a boarding school in France, and battles for the students' souls. (2023, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **This Is 40** Comedy. (2012, 15, 135min) ★★★
2.45 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
5.05 **to 7.00** AM **The Purge: Anarchy** Horror sequel. (2014, 15, 102min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.55 AM **Ben-Hur** As 4.20pm.
10.45 **The Sons of Katie Elder** Western starring John Wayne. (1965, U, 122min) ★★★
12.50 PM **Footloose** As 12.00m't.
2.40 **Beach Rats** Powerful drama starring Harris Dickinson. (2017, 15, 98min) ★★★
4.20 **Ben-Hur** Multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★

8.00 True Grit Oscar-winning Western starring John Wayne. The daughter of a murdered man enlists an over-the-hill marshal to help track down the killer. With Kim Darby. (1969, PG, 128min) ★★★★★
10.10 Manodrome Thriller starring Jesse Eisenberg, Adrien Brody and Odessa Young. Concerned about his girlfriend's pregnancy, a man's life spirals when he meets a mysterious family. (2023, 15, 96min) ★★★

12.00 M'T **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
1.55 AM **The Good Half** Drama. (2023, 15, 96min) ★★★
3.45 **Sunset Boulevard** Melodrama. (1950, b/w, PG, 110min) ★★★★★
5.45 **to 7.35** AM **Five Easy Pieces** Cult drama. (1970, 15) ★★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.05 AM **Escape from the 21st Century** Fantasy adventure. (2024, 15, 94min) ★★★
7.55 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
9.55 **The Purge: Election Year** Horror. (2016, 15, 108min) ★★★
11.50 **Star Trek V: The Final Frontier** Sci-fi. (1989, PG, 100min) ★★
1.45 PM **Ready Player One** Fantasy. (2018, 12, 140min) ★★★★

4.15 Total Recall Sci-fi thriller remake. (2012, 12, 113min) ★★★
6.20 Men in Black II Sci-fi action comedy sequel with Will Smith. (2002, PG, 88min) ★★★
8.00 Interstellar Sci-fi drama starring Matthew McConaughey. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.50 The Purge Horror thriller. (2013, 15, 85min) ★★★

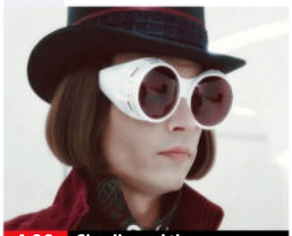
12.30 AM **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
2.15 **MaXXXine** Thriller starring Mia Goth. (2024, 18, 110min) ★★★
4.05 **The Cinema List: Star Trek**
4.25 **to 6.25** AM **Star Trek: Nemesis** Sci-fi adventure starring Patrick Stewart. (2002, 12, 116min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **Finding Neverland** Drama. (2004, PG, 101min) ★★★★
8.25 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
10.10 **Journey to the Center of the Earth** (2008, PG) ★★
11.50 **Journey 2: The Mysterious Island** (2012, PG) ★★★
1.30 PM **Hook** (1991, U) ★★★
4.00 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
6.00 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★



4.00 Charlie and the...

8.00 **Monster Trucks** Fantasy adventure starring Lucas Till. A teenager befriends a monster that feeds on oil, which bonds with the monster truck he is building from scrap. With Jane Levy, Thomas Lennon and Barry Pepper. (2016, PG, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The NeverEnding Story** Fantasy adventure about a brave young warrior on a quest to save the empire of Fantasia. Stars Barret Oliver, Gerald McRaney and Noah Hathaway. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
1.30 AM **Reuniting the Rubins** Comedy drama with Timothy Spall. (2010, PG, 98min) ★
3.15 **Ride On** Action drama. (2023, PG, 126min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.15 AM **Vendetta** (2022, 15) ★★
8.55 **Project A** (1985, 12) ★★★
10.45 **King of Killers** As 3.05am.
12.20 PM **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
2.05 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★
3.55 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
6.05 **Venom: The Last Dance** Fantasy starring Tom Hardy. (2024, 15, 110min) ★★★

6.05 Venom: The Last Dance

8.00 **Saving Private Ryan** Steven Spielberg's harrowing World War Two drama starring Tom Hanks, Matt Damon, Tom Sizemore and Edward Burns. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

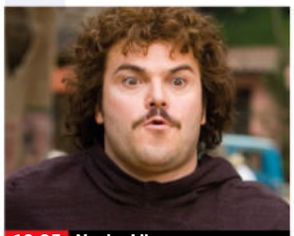
10.55 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale and Sam Worthington. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Sum of All Fears** Thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
3.05 **King of Killers** Action thriller. (2023, 15, 92min) ★
4.50 **to 6.55** AM **Once Upon a Time in China II** Adventure sequel. (1991, 15, 120min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **Multiplicity** As 1.35am.
9.45 **Dinner for Schmucks** Comedy. (2010, 12, 113min) ★★★
11.55 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.00 PM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
4.10 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
6.00 **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★



10.05 Nacho Libre

8.00 **Parenthood** Comedy drama starring Steve Martin and Mary Steenburgen. An anxious father strives to do the best for his children – but his efforts don't always work out as planned. With Jason Robards. (1989, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

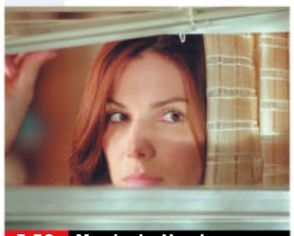
10.05 **Nacho Libre** Comedy starring Jack Black as a Mexican monastery cook who begins moonlighting as a wrestler in order to buy better food for the orphans in his care. (2006, 12, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Kingpin** Comedy with Woody Harrelson and Randy Quaid. (1996, 12, 114min) ★★★
1.35 AM **Multiplicity** Fantasy comedy starring Michael Keaton and Andie MacDowell. (1996, 12, 117min) ★★★
3.35 **Parenthood** As 8.00pm.
5.45 **to 7.25** AM **Nacho Libre**

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Barber** As 2.30am.
8.00 **Barbarians** As 4.10pm.
9.40 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
12.10 PM **Trap** Crime thriller. (2024, 15, 105min) ★★★★
2.05 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
4.10 **Barbarians** Horror thriller. (2021, 15, 89min) ★★★
5.50 **Murder by Numbers** Crime thriller starring Sandra Bullock. (2002, 15, 120min) ★★★



5.50 Murder by Numbers

8.00 **The Firm** Legal thriller based on the John Grisham bestseller, starring Tom Cruise, Jeanne Tripplehorn and Gene Hackman. An ambitious graduate joins a small Memphis law firm and discovers he is working for the Mafia. With Holly Hunter, Hal Holbrook and Ed Harris. (1993, 15, 155min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Ocean's Twelve** Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
2.30 **Barber** Mystery drama. (2023, 15, 90min) ★★★
4.10 **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 94min) ★★★
5.55 **to 6.20** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Spies in Disguise** Animated family adventure. (2019, PG, 98min) ★★★★
1.05 PM **Dragonball Evolution** Fantasy. (2009, PG) ★★
2.45 **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
4.50 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★
6.55 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★

4.50 Lemony Snicket's...

Turner & Hooch (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Transporter 3** Action thriller sequel starring Jason Statham, Natalya Rudakova and François Berléand. The Transporter is pressured into taking the kidnapped daughter of a Ukranian official from Marseilles to Odessa. (2008, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **Vengeance** Mystery drama written, directed by and starring BJ Novak. A writer attempts to solve the murder of a young woman he hooked up with. With Boyd Holbrook. (2022, 15, 107min) ★★★
1.15 **to 3.25** AM **Life** Sci-fi thriller, with Jake Gyllenhaal, Rebecca Ferguson and Ryan Reynolds. (2017, 15, 104min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.30 AM **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
8.10 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
10.15 **One Life** Fact-based drama. (2023, 12, 105min) ★★★★
12.15 PM **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
2.15 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
4.05 **Knocked Up** Romantic comedy. (2007, 15, 129min) ★★★★
6.20 **Bridget Jones's Diary** Romantic comedy with Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger. (2004, 15, 108min) ★★★
9.50 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. (2016, 15, 123min) ★★★
11.55 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★
1.55 AM **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★
4.00 **to 6.00** AM **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.30 AM **Zulu** As shown at 4.50am.
9.00 **Star Trek II: The Wrath of Khan** Spectacular sci-fi adventure. (1982, 12, 113min) ★★★★
11.00 **The Great Escape** As 2.00am.
2.00 PM **Funny Face** Musical. (1956, U, 103min) ★★★★
4.00 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
6.00 **Roxanne** Romantic comedy. (1987, PG, 102min) ★★★★
8.00 **Rear Window** Classic Hitchcock suspense movie starring James Stewart and Grace Kelly. A housebound photographer comes to believe his neighbour is a killer. (1954, PG, 112min) ★★★★★
10.00 **Saturday Night Fever** Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. With Karen Lynn Gorney and Barry Miller. (1977, 18, 119min) ★★★★
12.00 M'T **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
2.00 AM **The Great Escape** Classic adventure with Steve McQueen. (1963, PG, 166min) ★★★★★
4.50 **to 7.20** AM **Zulu** Epic historical adventure with Michael Caine. (1963, PG, 138min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Sky Cinema Preview**
6.30 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
8.05 **Rock Dog 3: Battle the Beat** Animated comedy adventure sequel. (2022, U, 90min) ★★
9.35 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
11.05 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
12.55 PM **Barnyard** Animated family comedy. (2006, PG, 90min) ★
2.30 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
4.00 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
5.40 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.10 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
8.45 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
10.25 **The Nut Job** (2014, U) ★★★
12.00 M'T **Trolls Band Together** Animation. (2023, U) ★★★
1.45 AM **Open Season: Scared Silly**
3.15 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
4.35 **to 6.15** AM **Piece By Piece** Animation. (2024, PG) ★★★

Movies 24

312 313 419

7.00 AM **For Love & Honey** Comedy. (2024, U, 84min) ★★
9.00 **A Bestselling Kind of Love** Drama. (2024, PG, 90min) ★★
11.00 **Magic in Mistletoe Country** Drama. (2023, PG, 90min) ★★
1.00 PM **An American in Austen** Romantic comedy drama. (2024, PG, 84min) ★★
3.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
5.00 **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
7.00 **A Bridesmaid in Love** Romantic comedy starring Tori Anderson. (2022, PG, 87min) ★★
9.00 **Hats Off to Love** Romantic drama starring Ginna Claire Mason and John Clarence Stewart. A hat designer falls for her client's horse trainer son as they both prepare for a big race. (2025, PG, 84min) ★★
11.00 **Falling Together** Drama. (2024, U, 90min) ★★
1.00 AM **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **The Journey Ahead** Comedy starring Holly Robinson Peete and Kaylee Bryant. (2022, PG, 102min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Blind Date** Suspense thriller. (1959, b/w, PG, 95min) ★★★
7.50 **Look at Life**
8.00 **Hell Drivers** Action drama. (1957, b/w, PG, 104min) ★★★
10.10 **Orders Are Orders** Comedy. (1954, b/w, U, 78min) ★★★
11.45 **Crime of Passion** Melodrama. (1956, b/w, PG, 86min) ★★
1.30 PM **Paper Gallows** Thriller. (1950, b/w, 12, 83min) ★★★
2.50 **Doctor at Sea** Comedy. (1955, PG, 93min) ★★★
4.40 **Look at Life**
4.50 **The Cure for Love** Comedy. (1949, b/w, U, 98min) ★★★
6.40 **Last Holiday** Comedy drama. (1950, b/w, U, 88min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch**
10.05 **Cellar Club with Caroline Munro**
10.10 **The Devil's Hand** Horror with Robert Alda and Linda Christian. (1962, b/w, 12, 71min) ★
11.40 **Cellar Club with Caroline Munro**
11.45 **Dead Man Out** Prison drama. (1989, 12, 87min) ★★
1.25 AM **The Place of the Dead**
3.30 **The Gentleman Bandit** Drama. (1981, PG, 100min) ★★
5.30 **to 6.00** AM **Talking Pictures Remembers Terence Fisher**

FRIDAY Sport 15 August

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **Fantasy Football Countdown**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day two of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
2.45 PM **LIVE The Hundred Northern Superchargers Women v Birmingham Phoenix Women.** From Headingley, Leeds. Start-time **3.00pm**.
6.00 **Premier League Friday**
6.30 **LIVE FNF Liverpool v Bournemouth.** The opening match of the Premier League season from Anfield. Liverpool are the reigning champions and have further strengthened their squad with the likes of Florian Wirtz and Hugo Ekitike. Kick-off **8.00pm**. *See feature, page 28.*
11.00 **LIVE WTA & ATP Tennis** Coverage of ay nine of the Cincinnati Open, a hard-court tournament from Lindner Family Tennis Center in Mason, Ohio, featuring the men's quarter-finals.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
8.30 **Fantasy Football Countdown**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
4.00 **Fantasy Show**
4.30 **Premier League Preview**
5.00 **Premier League Friday**
6.30 **LIVE FNF Liverpool v Bournemouth.** Coverage of the opening match of the Premier League season, held at Anfield. Liverpool are the reigning champions and have further strengthened their squad with the likes of Florian Wirtz, Hugo Ekitike and Milos Kerkez, who was signed from today's opponents. Kick-off **8.00pm**. *See feature, page 28.*
11.00 **The Big Interview**
11.30 **Premier League Stories**
12.00 M'T **FNF** Liverpool v Bournemouth.
12.30 AM **Transfer 360**
1.00 **PL Retro** Action from 2002.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
7.00 **EFL** League One play-off final.
8.00 **EFL Highlights**
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **SPFL Round-Up**
12.15 PM **SPFL Highlights**
12.30 **EFL Highlights**
1.00 **EFL Cup Highlights**
2.00 **EFL Play-off Final C'Ship 15/16** Hull City v Sheffield Wednesday.
3.00 **EFL Play-off Final League 1 15/16** Barnsley v Millwall.
4.00 **EFL Play-off Final League 2 15/16** Action from AFC Wimbledon v Plymouth Argyle.
5.00 **EFL Greatest Games**
6.00 **EFL Highlights**
8.00 **EFL Cup Highlights** Action from Bromley v Ipswich Town.
8.30 Action from Birmingham City v Sheffield United.
9.00 **EFL Highlights**
10.00 **EFL League One Goals**
10.30 **EFL League Two Goals**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy Football**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** Recent action.
9.15 **The Hundred Bitesize**
10.00 **The Hundred** Recent action.
1.30 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred Northern Superchargers v Birmingham Phoenix.** Coverage of the women's match from Headingley. The Superchargers claimed a 61-run victory when the teams met last year, with Alice Davidson-Richards top-scoring with an innings of 49. Start-time **3.00pm**.
6.00 **LIVE The Hundred Northern Superchargers v Birmingham Phoenix.** Coverage of the men's match at Headingley in Leeds. The Phoenix were in dominant form when the teams met at Edgbaston last year, needing just 39 balls to reach their target of 86 runs. The victors went on to reach the play-offs while the Superchargers narrowly missed out. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.15 **The Hundred** Recent action.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Recent action.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
10.00 **Turkish Airlines Masterclass**
10.30 **HotelPlanner Tour Golf**
11.00 **Legends Tour Golf**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day two of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
5.00 PM **LIVE PGA Tour Golf** Coverage of day two of the BMW Championship staged at Caves Valley Golf Club in Maryland.
11.00 **Countdown to the 2025 Ryder Cup** Preview.
11.30 **My Ryder Cup** Memories.
12.00 M'T **Legends Tour Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **PGA Tour Champions Learning Centre** Golf tips and advice.
2.00 **PGA Tour Golf**
3.00 **Playing Lessons**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Super Cup**
7.30 **Premier League Preview**
8.30 **TNT Sports Reload**
8.45 **Discovery Golf**
9.15 **LIVE AFLW Sydney Swans Women v Richmond Tigers Women.** Bounce-up **9.15am**.
11.15 **TNT Sports Reload**
11.45 **Cycling**
12.00 NOON **LIVE Cycling** Coverage of the women's first stage of the Tour of Romandie.
1.45 PM **MLB Highlights**
2.45 **LIVE Men's Cycling Pro Series** Stage four of the Tour of Demark.
4.45 **TNT Sports Reload**
5.00 **MLB** Baseball action.
7.00 **LIVE MLB Chicago Cubs v Pittsburgh Pirates.** From Wrigley Field. Start-time **7.20pm**.
10.15 **MLB: Off the Bat**
10.45 **August 4th: Olympic Odyssey**
12.00 M'T **Discovery Golf**
12.30 AM **MotoGP**
1.00 **LIVE NWSL Washington Spirit v Racing Louisville FC.**
3.15 **Premier League Preview**
3.45 **Playing for Our Future – Rugby**
4.00 **to 7.00** AM **LIVE AFL Carlton Blues v Port Adelaide Power.**

TNT Sports 2

411 414 522 409 431

6.00 AM **Discovery Golf**
6.30 **British Superbikes Rewind**
6.45 **MotoGP Rewind**
8.00 **LIVE MotoGP** The Grand Prix of Austria MotoGP, Moto2 and Moto3 first free practice sessions.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** The Grand Prix of Austria MotoGP, Moto2 and Moto3 first practice sessions.
3.15 **MotoGP Rewind**
3.30 **MotoE Highlights**
4.00 **LIVE MotoE** Coverage of the Grand Prix of Austria MotoE qualifying session, which takes place at Red Bull Ring in Spielberg.
4.45 **Crouchy and Cole**
5.00 **The Fantasy Show**
6.00 **Premier League Preview**
6.30 **Premier League Stories**
7.00 **Onboard** The Ocean Race.
7.30 **MotoGP** Grand Prix of Austria.
8.00 **V8 Supercars Highlights**
10.00 **MotoGP** Grand Prix of Austria.
10.30 **Test Cricket Highlights**
12.30 AM **AFL** Double bill.
3.30 **to 6.30** AM **LIVE AFL Gold Coast Suns v GWS Giants.** From People First Stadium on the Gold Coast. Bounce-up **3.35am**.

Sky Sports Action

412 410 517 507 426 446

6.00 AM **The Rugby Championship**
10.15 **Lions Legends** Profiles.
11.00 **LIVE NRL Sydney Roosters v Canterbury Bulldogs.** Coverage of the match from the 24th round of fixtures, which takes place at Allianz Stadium. Kick-off **11.00am**.
1.00 PM **The Rugby Championship**
5.15 **British and Irish Lions Tour** The first Test of the three-match series between Australia and British & Irish Lions, held at Suncorp Stadium in Brisbane.
6.15 The second Test between Australia and British & Irish Lions at Melbourne Cricket Ground.
7.15 **Super League Highlights**
7.30 **LIVE Super League Wigan Warriors v Hull Kingston Rovers.** Coverage of the match from the 22nd round of fixtures at The Brick Community Stadium. Kick-off **8.00pm**.
10.15 **Lions Legends** A profile of Welsh number eight Mervyn Davies.
10.30 A profile of the Welsh backs from 1971 and 1974.
11.00 **The Rugby Championship**
3.15 AM **Super League Highlights**
4.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **Fantasy Football Countdown**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day two of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
2.15 PM **LIVE PGA Tour Golf** Coverage of day two of the BMW Championship, the second tournament in the FedExCup Playoffs, held at Caves Valley Golf Club in Maryland. Keegan Bradley was the victorious player here last year, finishing one stroke clear of the trio of Ludvig Åberg, Adam Scott and Sam Burns.
7.30 **LIVE Super League Wigan Warriors v Hull Kingston Rovers.** Coverage of the match from the 22nd round of fixtures, held at the Brick Community Stadium. Kick-off **8.00pm**.
10.15 **EFL Greatest Games**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM **Super League**
3.45 **EFL Greatest Games**
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** Day nine of the Cincinnati Open from Lindner Family Tennis Center in Mason, Ohio, beginning with the women's quarter-finals.
8.00 **LIVE WTA & ATP Tennis** Coverage of day nine of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio, featuring the men's quarter-finals.
4.00 AM **ATP 2024 Best of Jack Draper** Jack Draper's season.
4.15 **WTA & ATP Tennis**
4.45 **Bitesize Tennis**
5.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA & ATP Tennis**
8.00 **Rugby Greatest Games**
8.05 **LIVE NPC Rugby Southland v Manawatu.** Kick-off **8.10am**.
10.00 **PL Retro** From 1992.
12.00 NOON **The Hundred Bitesize**
12.30 PM **WTA Tennis** Canadian Open.
1.00 **ATP Tennis** Canadian Open.
2.00 **PL Greatest Games**
3.00 **PGA Tour Golf** Review.
4.00 **LIVE LPGA Tour Golf** Day two of the Standard Portland Classic at Columbia Edgewater Country Club in Portland, Oregon.
7.00 **DP World Tour Golf**
7.30 **Untethered** Documentary.
9.00 **The Hundred Bitesize**
10.00 **Formula 1** Highlights.
11.00 **PDC Classics** Archive action.
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
12.45 **Super League**
3.30 **PL Greatest Games**
3.45 **LIVE NRLW Cronulla-Sutherland Sharks v Gold Coast Titans.** Kick-off **3.45am**.
5.30 **to 6.00** AM **The Hundred Bitesize**

TNT Sports 3

413 415 523 410 432

6.00 AM **Saudi Masters Snooker**
8.00 **Ultimate Pool**
9.30 **Premier League: Big Interview**
10.00 **Saudi Masters Snooker**
12.00 NOON **LIVE Saudi Masters Snooker** Coverage from the first session of the semi-finals at Green Halls in Jeddah, Saudi Arabia.
3.30 PM **UEFA Super Cup**
5.00 **UTMB World Series Highlights**
6.00 **LIVE Saudi Masters Snooker** Coverage of the second session of the semi-finals from Green Halls in Jeddah, Saudi Arabia.
9.30 **Cycling** The women's first stage of the Tour of Romandie.
10.30 **Men's Cycling Pro Series**
1.30 AM **Premier League Preview**
2.00 **Premier League: Big Interview**
2.30 **Premier League Stories**
3.00 **One Day International Cricket**
4.00 **Fight Week** UFC 319 preview.
4.45 **British Superbikes Rewind**
5.00 **to 6.00** AM **T100 Triathlon World Tour Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Tour de France Women**
7.00 **Women's Cycling Pro Series**
8.00 **Men's Cycling Pro Series**
10.00 **LIVE AFL Essendon Bombers v St Kilda Saints.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **10.20am**.
1.00 PM **MLB: Off the Bat**
1.30 **LIVE Men's Cycling Pro Series** Coverage of the second stage of the Tour of Czech Republic, of a 173km route from Pardubice to Dlouhe Strane.
3.00 **International T20 Cricket**
4.00 **One Day International Cricket**
5.00 **Fishing: On the Bank**
6.00 **AFL** Recent action.
9.00 **Formula E Flashback** A look back at the 2019 Swiss ePrix.
9.30 **UFC Countdown**
10.30 **UFC** Recent action.
1.30 AM **UFC Connected**
2.00 **Women's Cycling**
3.00 **to 6.00** AM **Men's Cycling Pro Series**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **NASCAR Highlights**
8.00 **DTM Highlights**
9.00 **LaLiga Specials**
10.00 **LaLiga** Barcelona v Real Madrid.
12.00 NOON **Transworld Sport**
1.00 PM **NASCAR Highlights**
2.00 **LaLiga** Action from Barcelona v Real Madrid from 2024/25.
4.00 **LaLiga Specials** A look ahead to the 2025/26 season.
5.00 **LIVE LaLiga Girona v Rayo Vallecano.** Coverage of the Spanish top-flight match from Estadi Montilivi. Kick-off **6.00pm**.
8.00 **LIVE LaLiga Villarreal v Real Oviedo.** Coverage of the Spanish top-flight match from Estadio de la Ceramica. Kick-off **8.30pm**.
11.30 **LaLiga Specials**
12.00 M'T **Transworld Sport**
1.00 AM **NASCAR Highlights**
2.00 **DTM Highlights**
3.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 552

6.00 AM **Swedish Speedway** A high-profile Elitserien meeting.
8.00 **Pre-Season Football** Action from Wolverhampton Wanderers v Celta Vigo.
10.00 **LaLiga Specials**
10.30 **Football's Greatest** The finest players discuss their careers.
11.00 **Pre-Season Football** Leeds United v AC Milan.
1.00 PM **LaLiga Specials**
2.00 **LaLiga News**
4.30 **Major League Cricket** Action from MI New York v Washington Freedom in the final.
8.30 **Temples of Sport** Iconic sporting venues from around the globe.
9.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
11.00 **Bike World** Magazine.
11.30 **LaLiga Specials** The top scorer in the 2024/25 season.
4.00 AM **LaLiga Specials**
4.30 **Bike World** Magazine.
5.00 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Action from the Emilia Romagna Grand Prix.
11.00 **Carlos Sainz & The Lie Detector**
11.15 **Formula 1** Emilia Romagna GP.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** Emilia Romagna GP.
7.00 **Ted's Notebook**
7.30 **Formula 1** Highlights of this year's Emilia Romagna Grand Prix.
8.30 2024 Emilia Romagna GP.
9.30 2021 Emilia Romagna GP.
10.30 2020 Emilia Romagna GP.
11.30 Highlights of this year's Emilia Romagna Grand Prix.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

Nikhil and Jay

Saturday, 5.05pm, CBebbies & BBC iPlayer

A brand new episode of the animated comedy series which follows the adventures of a pair of two dual-heritage brothers – and their loving family.

The young siblings embrace their mother's Indian heritage by making a Rakhi, a thread that forms part of a Hindu festival which celebrates the close bond between siblings and families.

Paw Patrol: Jungle Pups

Wednesday, Paramount+

The young Carlos and pooch Tracker discover a cave leading to a lush jungle oasis which is unlike anything they have ever seen before. The duo encounter an amazing variety of unique animals – but danger lurks behind every tree and they must soon call for help...

Enter the PAW Patrol pups, who arrive equipped with all-new jungle gear and animal-inspired vehicles.

More great shows to watch this week...

The Game Catchers

Weekdays, 2.30pm, CBeebies

Series two of the colourful animation for pre-schoolers which follows five friends on an interstellar journey. In Monday's first episode, the pals land on a woollen planet – where they play grab the hat!

NEW

Horrible Histories

Weekdays, 7pm, BBC3 & iPlayer

The first series of the long-running sketch show – that's so funny you don't realise you're learning stuff at the same time – is getting a runout on BBC3 all this week. They're all available on the BBC iPlayer too...

Snoopy: A Summer Musical

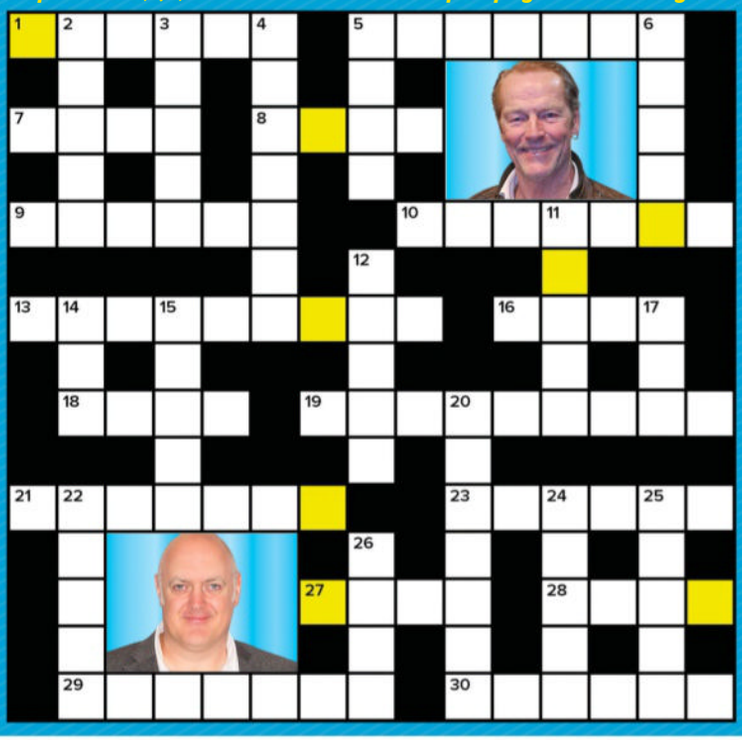
NEW

Friday, Apple TV+

A month later than first scheduled, a musical special in which Snoopy and Woodstock find a treasure map.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a British poet and TV presenter (3,5). Answers at the bottom of the page – no cheating!



ACROSS

1 1960 Alfred Hitchcock film starring Anthony Perkins (6)
5 -------- Lyonne, starred in *Orange Is the New Black* (7)
7 *Better* ---- *Saul*, *Breaking Bad* spin-off with Bob Odenkirk (4)
8 See picture clue: ---- Glen, played Jorah Mormont in fantasy epic *Game of Thrones* (4)
9 Former stage name of magician Steven Frayne (6)
10 Classic children's stop-motion series featuring woodpecker Professor Yaffle (7)
13 Soap set in Chester (9)
16 *Don't* ---- *the Music*, 2007 Rihanna hit (4)
18 Writer and star of 2007 comedy film *Superbad*, ----- Rogen (4)
19 American comedy drama that starred Adrian Grenier (9)
21 Kingsley --- ----, actor in 2024 biopic *Bob Marley: One Love* (3-4)
23 *Hotel* -------, 2005 film (6)
27 Rooney ----, played Tiger Lily in 2015 action film *Pan* (4)
28 Actor in *Criminal Minds*, Matthew ---- Gubler (4)
29 The Governess in ITV1's quiz show *The Chase*, Anne -------- (7)
30 Comedian and chat-show host, Graham ------- (6)

DOWN

2 Mel B's nickname in pop band Spice Girls (5)
3 ----- Black, original host of game show *Blind Date* (5)
4 Hit Enya song released in 1988, -------- *Flow* (7)
5 Actor known for *Auf Wiedersehen, Pet*, Jimmy ---- (4)
6 -----, *Thongs and Perfect Snogging*, 2008 Gurinder Chadha film (5)
11 Former England footballer, ----- Crouch (5)
12 Hard-hitting E4 series that starred Dev Patel (5)
14 British documentary series available on U, *Special* ---: *Crime Squad UK* (3)
15 *Taxi* mechanic played by Andy Kaufman (5)
17 2021 Nicolas Cage mystery drama about truffle-hunting (3)
20 See picture clue: Comic Dara - ------- (1,6)
22 Sister of Mary and Sybil in hit perdiod drama *Downton Abbey* (5)
24 2003 comedy movie starring Jack Nicholson and Adam Sandler, ----- *Management* (5)
25 Tom Felton's role in the Harry Potter movies, ----- Malfoy (5)
26 *Little* ----, Ed Sheeran song released in 2011 (4)

CROSSWORD SOLUTION

ANSWER: Pam Ayres **ACROSS:** 1 Psycho 5 Natasha 7 Call 8 Iain 9 Dynamo 10 Bagpuss 13 Hollyoaks 16 Stop 18 Seth 19 Entourage 21 Ben-Adir 23 Rwanda 27 Mara 28 Gray 29 Hegerty 30 Norton
DOWN: 2 Scary 3 Cilla 4 Orinoco 5 Nail 6 Angus 11 Peter 12 Skins 14 Ops 15 Latka 17 Pig 20 Ó Briain 22 Edith 24 Anger 25 Draco 26 Lady

WORDS: JAMES AVANN. PHOTOS: SHUTTERSTOCK

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Recycle

Arterton with co-star Avi Nash

Secret Service

FIRST LOOK

Kate Henderson (Gemma Arterton)

Gemma Arterton stars in a tense espionage thriller

Dark conspiracies and global intrigue are at the heart of ITV1's upcoming spy drama *Secret Service*.

The five-part series – based on the novel by ITV newsreader Tom Bradby and airing next year – sees Gemma Arterton play experienced MI6 operative Kate Henderson, who heads up the intelligence service's Russia Desk. Kate is stunned when an undercover operation reveals that a top UK politician could be a Moscow asset.

As she races to establish the identity of the likely suspect and prevent further fallout and potential interference in British politics, a shocking murder brings unwanted attention to her work and she undertakes a dangerous mission to protect her reputation and her family.

TIMELY TALE

Rafe Spall plays Kate's husband Stuart, the father of her two teenage children, while Roger Allam, Alex Kingston and Mark Stanley also appear in the series, along with Amaka Okafor, Khalid Abdalla, Aoife Hinds, Avi Nash and Rochenda Sandall.

'I am delighted to be stepping into the world of such a topical and gripping espionage thriller,' reveals Arterton. 'I can't wait to bring this story to life.'

'It is unbelievably exciting,' adds Bradby, who has co-written the series, which has been filmed in London and Malta. 'I'm really blown away by the quality of the cast. And the show could hardly be more timely.'

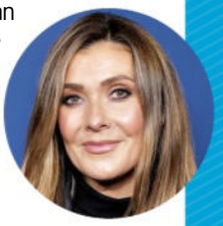
WHAT'S NEXT FOR...

Robert James-Collier

In 5's Peak District-set crime drama **Cooper and Fry**, based on the novels by Stephen Booth, the actor will play genial cop Ben Cooper, who teams up with newcomer Diane Fry (Mandip Gill) to look into a range of strange deaths.

Kym Marsh

The actor will star in 5's Australia-set four-part thriller **Imposter**, which centres on a woman who welcomes the daughter she gave up for adoption into her life, but identities are questioned and murder ensues.



Coming Back

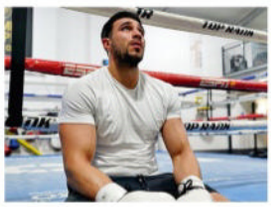
After a two-year break, BBC1 sitcom **Two Doors Down** will return for a Christmas special, as the quirky neighbours of Latimer Crescent head to the home of Beth (Arabella Weir) and Eric (Alex Norton) for the festivities.

A third run of 5's anthology drama **The Teacher** will see Victoria Hamilton play a drama teacher at a private school who clashes with her students over her outdated approach, but following a tragedy, she is blackmailed.

Next week On sale Tuesday 12 August

Match of the Day

Kelly Cates, Mark Chapman and Gabby Logan share hosting duties as BBC1's football show returns.



Tommy: The Good. The Bad. The Fury.

BBC3 follows Tommy Fury as he battles to return to the boxing ring.

Hostage

In Netflix's thriller, Suranne Jones plays the British Prime Minister, whose husband is kidnapped.

Invasion

A third outing of Apple TV+'s sci-fi drama follows a quest to infiltrate the alien mother ship.

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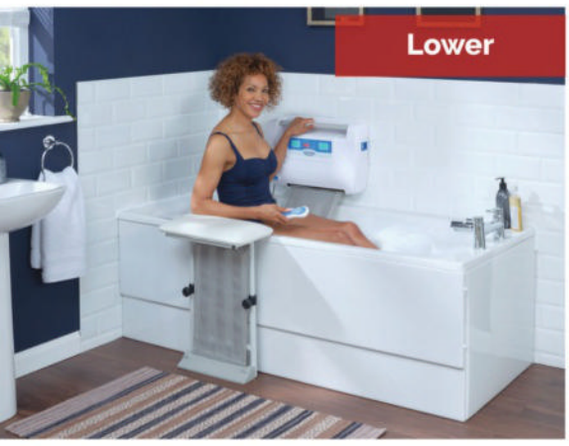

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